

# Momentum



Join our live webinar, *The perils and promises of social media: Social media and mental health*, on Wednesday, July 10, 2024 at 1:00 p.m. CT. Scan the QR code to [register now](#).

## Social media addiction

While there is no official diagnosis of social media addiction, there's little doubt that people everywhere experience it. To hang up on phone fixation, it helps to recognize, understand and overcome the habit.

- You could be social media-dependent if you feel fidgety and on edge without your phone. You may feel the need to check your phone frequently, and you're disappointed if your posts aren't well received. Your social media use may sometimes interfere with other areas of life.
- Social media platforms are designed to keep users scrolling. It's a feedback loop: Upon encountering something novel or unexpected, your brain releases the feel-good chemical dopamine. This stimulating brain boost motivates you to seek additional reward by checking your phone repeatedly.
- To reduce social media use, recognize when you've automatically reached for your phone. Replace that behavior with something enjoyable *offline*. Disable your notifications and take regular screen-free breaks.



### Virtual Therapy, Powered by BetterHelp\*

Need some expert help with a complex problem like anxiety, depression, grief or family conflict? The licensed counseling professionals of BetterHelp virtual therapy are available to meet you via confidential text messaging, chat, phone and/or video formats. Getting started is easy. Visit your [member website](#) to learn more.

\*If available through your program.

Contact your Employee Assistance Program at 1-800-450-1327 (TTY 711) or go online to [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) (enter Principal Core) for confidential, no cost help available 24/7/365 for you and your household members.

## Mind Your Mental Health

### Social media and your mental health

While social media can help you stay connected, excessive use can disconnect you from your own mental health. Its effects range from addictive behaviors and withdrawal symptoms resembling substance abuse to developing distorted views of reality.

- Social media overuse can lead to increased isolation, loneliness, impulsivity, anxiety and depression, plus reduced attention capacity.
- Excessive use can fuel low self-esteem, prompted by inaccurate perceptions that others' lives (as seen on screens) are enviable.
- Social media addiction often drives a fear of missing out, which can lead to even more compulsive use.
- Overuse can disrupt sleep patterns, especially if using social media near bedtime.
- Excess social media use often decreases one's physical activity and, in turn, impacts overall health.
- According to University of Michigan research, approximately 210 million people worldwide suffer from addiction to social media and the internet.
- Teens average 7 hours and 22 minutes of screen time daily.
- It helps to set limits on phone use (such as two hours a day) while devoting more time to self-care.

Visit [MagellanHealthcare.com/about/bh-resources/mymh](https://MagellanHealthcare.com/about/bh-resources/mymh) or call your program for confidential mental health resources.

## Working on Wellbeing

### Career wellbeing

- Your work life is more satisfying when you're pursuing career goals you truly value. Take stock of where you are and decide whether your prior goals still align with your current career path.
- Write an updated career plan that includes ambitious but achievable steps, such as mentorship, education and/or job promotion. Check off milestones as you achieve them. Revise your action plan as your goals and priorities evolve.

## Money Matters

### July 2024 financial webinars

#### Managing Financial Needs of Children & Aging Parents

July 9th. Register here: [11 a.m. CT](#) | [2 p.m. CT](#)

Navigating personal finances can be daunting for anyone, but if you're supporting both your children and parents, you may be facing greater challenges than most. This webinar will review how to assess your financial situation and establish realistic financial strategies. The session examines how to handle setbacks and remain resilient, and explains ways to help you make progress toward your financial goals.

#### Investing Spotlight: Your Long-Term Strategy

July 25th. Register here: [11 a.m. CT](#) | [2 p.m. CT](#)

Markets can be unpredictable. When times get difficult and investment values change, following your original investment strategy can be challenging. This event will address the emotions that might interfere with your long-term plan, and will also explain market cycles. Learn how you can conquer fears, emotions and risk tolerance when investing, and how to stay focused on your overall investment goals.

Sources: Healthline, HabitStrong.com, AndroidAuthority.com, AddictionHelp.com, Wall Street Journal, Massachusetts Institute of Technology.