

# WHY CHILDREN SHOULD TAKE A BREAK FROM SOCIAL MEDIA

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Switching off from social media could be good for your mental health. It could reduce feelings of anxiety, loneliness or jealousy



Switching off from social media could help you to get more things done



You will find yourself with more time to see friends, exercise or engage in hobbies

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Because it can negatively impact your self esteem



So that they can have more time to rest and recharge



You will develop better relationships with friends and family



You will be more present with what you are doing



Switching off from social media could help to improve your sleep



Because by connecting with people in person is really important for our wellbeing

