

WHY CHILDREN SHOULD TAKE A BREAK FROM SOCIAL MEDIA

 @BELIEVEPHQ



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

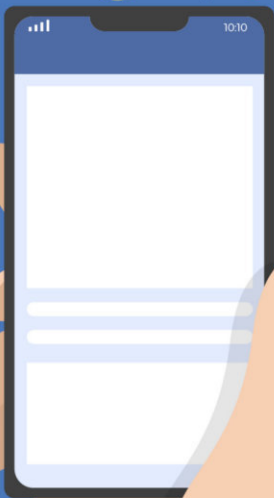


Switching off from social media could help you to get more things done



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 be more present with what you are doing

You will develop better relationships with friends and family

Switching off from social media could help to improve your sleep

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

