



VeteranCaregiver.com Video Resource

Recommended Resources: The Joys and Perils of Social Media

Definition: The joys of social media are the moments that we share with family and friends. Unfortunately, the perils are anxiety and unwanted comparisons between yourself and others. Mental health conditions such as depression and anxiety have been exacerbated by the use of Social Media.

Resources

Finding Balance <http://hearsaysocial.com/2015/04/8-tips-to-balance-your-personal-professional-lives-on-social-media/>

Health and Social Media <http://www.medicalnewstoday.com/articles/275361.php>

Facebook Depression <http://www.forbes.com/sites/alicegwalton/2015/04/08/new-study-links-facebook-to-depression-but-now-we-actually-understand-why/>

Social Media Depression <http://health.howstuffworks.com/mental-health/depression/questions/social-media-depression.htm>

Ways to Unplug <http://authorunlimited.com/ways-to-unplug-from-technology/>

Video Resources

Well-Being <https://www.youtube.com/watch?v=Po5bzF5H4x8>

Quote: “Even the technology that promises to unite us, divides us. Each of us is now electronically connected to the globe, and yet we feel utterly alone.”

- Dan Brown

Proprietary Recommended Resource List by VeteranCaregiver, a division of WiseHealth, Inc. May be shared with attribution and all resources should be researched by the user for individual benefit. All rights reserved. Updated November 2015.