

Increased Social Media Usage Related to Mental Health

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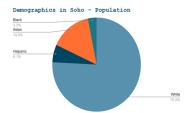
Introduction

Due to Covid-19, isolation caused a spike in social media usage. The effects of an increase in social media usage has caused many individuals mental health problems such as anxiety, depression, and eating disprders. 1 "Global Web Index latest numbers show that

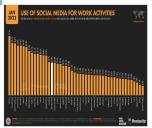
"Global Web Index latest numbers show that almost one in four internet users aged 16 to 64 now uses social media for work-related activities" Will community outreach programs reduce the cases of mental illness related to social media usage in youths within the community of Soho?

Community Assessment and Analysis





SOCIAL MEDIA USERS OVER TIME



Soho is a neighborhood in Manhattan that is only about 1 square mile in size. Although the city may be small 14,000 people reside within the area

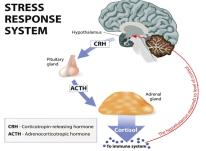


Problem in the Community

Increased social media usage has lead to chronic stress causing depres and anxiety, which in turn can lead to isolation.

Stress produced from constantly trying to project an unrealistic and unachievable perception of perfection within your social network.

Being constantly alert for new social media messages, to your instinctive fight or flight limbic system, is the same as being on continuous alert for predators, which causes a release of the stress hormone cortisol.



The long-term use of smartphones can lead to the development of symptoms such as headache, extreme irritation, increase in carelessness, forgetfulness, decrease of reflexes, and clicking sound in ears. This association of individuals with their smartphones has led to the emergence of a new kind of psychological disorder called phantom syndrome characterized by a frequent false feeling of ringing and vibration from the smartphones" 6

Solution

PROPOSAL.

Hold an educational and self-care event at a community resource center through New York University would appeal to both students and the surrounding community that fall within the demographic of ages 18 to 24. Within this community outreach program would be workshop stations such as educational seminars, meditation centers, group discussions, educational

shortings and self care activities.

This outreach program will take place for 3 consecutive waskends. Friday through Sunday

Assess the growth of individuals on a long-term scale, another set or orgams will take place 6 months after the completion of the first.

10 to 20 minutes of daily mindfulness meditation for 30 days using a mobile application can decrease perceived stress and improve

An introduction to apps such as these would allow mindfulness and meditation to follow individuals into their everyday lives following the program while also using techniques that are also familiar to them. apps.



OURRENT SOLUTIONS:

\$2 million ad campaign proposed and approved to bring awareness about mental health throughout New York City. The city's first lady, Chirlan McCray believes, "If we can prevent mental illness from spiraling into more serious mental lillness, it's going to have a huge effect on public safety," a

Soho has their own center for those struggling with their mental health. It is called "The Soho Center for Mental Health." They help clients cope with a slew of mental health disorders including anxiety, depression, OCD, eating disorders, and substance abuse. They provide family counseling, couples counseling, and even cognitive therapy. The center serves clients of all ages; children, teens and adults. 9



It was shown 91% of the population felt their overall health was 'excellent, good, or great.' 3. Although many were deemed to be in good health, out of 100,000 hospitalizations, 426 of those were considered to be avoidable. The community was researched to be 4% obese, 3% are reported to be diabetic, and 15% have high blood pressure. 4The binge drinking rate in Soho is 8% higher than the median rate in NYC as a whole. In Soho the binge drinking rate is 25%."

The psychiatric hospitalization rate in this area is predominately low. For every 100,000 hospitalizations 267 of those were for psychiatric help. Within the past year dealing with seclusion from COVID, "The city's 311 system recorded over 17,330 calls between March and December 2020 related to mental health issues — nearly 85 times more than the 206 calls recorded during the same time period in 2019, city data shows. Another 5,866 were recorded between January and April 1 of this year [2021]." s

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 Transcript: First lady Chifare Micrary holds press conference to make an announcement about the Conn (Internet). The official website of the City of New York. 2006 (otted

