

## Social Media and Mental health Worksheet

*How often do you check social media?*

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*How does it make you feel good or bad?*

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*How long do you stay online on social media apps?*

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*Does your social media use affect your sleep? If yes, how much do you sleep in a day, and what kind of sleep do you have?*

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*If you have to stay away from your social media, will it be okay?*

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*How has social media impacted your life?*

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*How has social media affected your mental health?*

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*How important is social media to create your self-image?*

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