Male Mental Health

- ➤ **Social media** can have **positive** impacts to decrease loneliness – creating plus maintaining online connections that uplift you.
- ➤ **Social media** can be **harmful** if you access it more than feels good for you. Limit the amount you scroll your personal feed, particularly when you're feeling lonely.
- ➤ **Take breaks** from your personal **social media** accounts: log out for certain periods of time throughout the day, then week, and so on.
- ➤ **Get physical:** Join a group or facility centered around a physical activity (ex: pickleball; gym; rec sport) to build community and friendships.
- ➤ **Quality over quantity**: identify a friend with whom you have a meaningful connection, trust, who you feel supports you, etc.
- ➤ **Reach first:** Be the first to initiate hangouts with a quality friend. It's okay to reach out first!
- ➤ **Don't suffer in silence:** It's okay to tell others when you're feeling lonely. They most likely are feeling similar...or have recently!
- ➤ **Acts of service:** Do a kind gesture for someone, whether a classmate or stranger you cross paths with. Helping others can help reduce isolation.
- ➤ **Schedule consistent opportunities for connection:** For example, make time for a weekly video chat with someone you appreciate, daily texts to a loved one, etc.
- ➤ **Speak kindly to yourself:** Notice when you're putting yourself down or feeling unworthy of connection. How might you rephrase those comments?
- ➤ **Check on, check in:** Check on a friend to ask how they've been. Check in about yourself.