

## Is Social Media Hurting Your Mental Health? | Bailey Parnell

Task 1: Explain the meaning of the following word combinations from the monologue:

**a typical social media scroll**  
**stress sb out**  
**craft a better experience**  
**phantom vibration syndrome**  
**the Center for collegiate mental health**  
**high social media use**  
**full-blown mental health issues**  
**tie up self-worth with what others think about us**  
**FOMO**  
**be left out of the loop**  
**online harassment**  
**outed him on Twitter**  
**impairments similar to substance dependencies**  
**practice 'safe social'**  
**purge other people off my timeline**  
**passive-aggressive status war**

Task 2: Answer the questions:

1. What are the most common diagnoses on university campuses? Why?
2. Systematize 4-5 lasting effects that high social media use has on people.
3. What is the highlight-reel?
4. Can you agree that people on the social media are constantly comparing their behind-the-scenes with everyone else's highlight reels?
5. Explain what the speaker means under *social currency*?
6. Comment on the phrase: "We are the product, and we're letting others attribute value to us".
7. What is 'in the loop' and 'out of the loop' for you?
8. What is the speaker's program of problem solving?

**SPEAKING**

1. **\*Agree or disagree:**  
**The dark side of social media is the dark side of people.**  
**The Internet is a weird place.**
2. **\*Suggest 2-3 preventative/coping strategies to avoid frustration and stress caused by the social media.**