

MOBILE

MENTAL WELLNESS

SOCIAL MEDIA CULTURE SHOCK

**THE SOCIAL GOOD OF SOCIAL MEDIA.
It's not all bad.**

**ARE YOU MY FRIEND?
Disconnect to connect.**

**STOP COMPARING.
Don't judge yourself by someone else's highlight reel.**

**LIKE, LOVE, OR LOL.
What's your currency?**

**SOCIAL MEDIA ANXIETY DISORDER IS REAL.
Find alternative ways to stay occupied.**