



→ Significant Increase in Problematic Social Media Use Among Adolescents

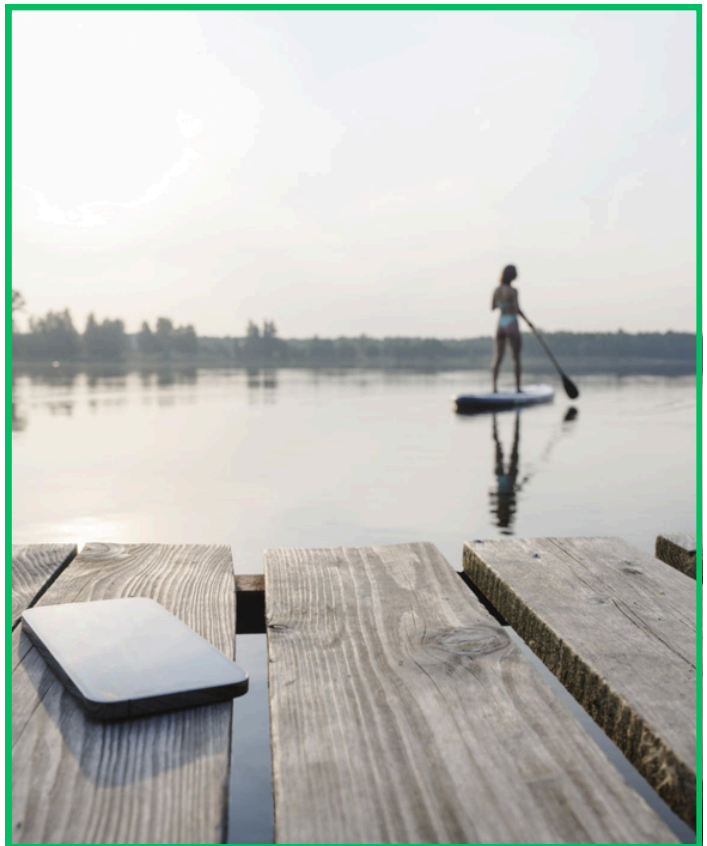
A study conducted by the European branch of the World Health Organization (WHO) across 44 countries, involving around 280,000 children aged 11, 13, and 15, reveals a notable rise in "problematic" social media use among young people following the pandemic. According to the research, an average of 11% of participants reported problematic social media use in 2022, compared to 7% in 2018. The rates in England, Scotland, and Wales exceed this average.



→ Social media detox: 12 ways to scroll less and live more

Taking a break from social media can significantly enhance your mental and emotional well-being. The Calm Blog offers practical strategies to help you reduce screen time and engage more fully with the world around you. Here are some key recommendations:

- 1. Schedule Downtime:** Establish a "digital curfew" by turning off devices an hour before bedtime to promote better sleep quality.
- 2. Set Time Limits on Apps:** Utilize your smartphone's features to restrict daily usage of specific social media platforms.
- 3. Gradually Reduce Usage:** Instead of quitting abruptly, decrease your social media time incrementally, starting with short breaks and extending them over time.



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