



# Digital Media And Mental Health Management

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# Mental Health

(Mayo Clinic)

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Mental health is the overall wellness of how you think, regulate your feelings and behave.

What's considered normal mental health? Patterns in thoughts, feelings and behaviors can suggest when to get help for yourself or someone you care about.

A mental health disorder may affect how well you:

- Maintain personal or family relationships
- Function in social settings
- Perform at work or school
- Learn at a level expected for your age and intelligence
- Participate in other important activities

# Mental Health Management

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## Mental Health Factors:

- Self-esteem (comparison of life style)
- Communication challenges: False reality (Virtual AI - the ability to talk and get a response at any time)
- Repeated Trauma (
- Anxiety, Depression, Cyber bullying,
- Stress factors: What not to post,

## Time Management:

- No screen before 2 years (actually play is good for the brain development)
- Schedule for youths especially (Monitor scrolling: TikTok ...marketing competition)
- Communication of information
- Posting

# Mental Health Management

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## -Social Media Management:

- Safety features (predators),
- Content creators,
- Influences (marketing),
- Gang recruiting,

## -Healthy uses:

- News (Time of the Day)
- Social Media before bed
- Boredom (filling spaces with scrolling)

# Emotional Intelligence

(Daniel Goleman)

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The secret of success is not what they taught you in school. What matters most is not IQ, not a business school degree, not even technical know-how or years of expertise. The single most important factor in job performance and advancement is emotional intelligence.

Emotional intelligence is actually a set of skills that anyone can acquire, and in this practical guide, Daniel Goleman identifies them, explains their importance, and shows how they can be fostered."

# Four Components of Emotional Intelligence

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**Self-awareness** is the ability to recognize and understand your own thoughts, feelings, and emotions. It's a key part of emotional intelligence because knowing yourself and how you impact others will help you maintain strong relationships, build trust, improve communication and a range of other “soft skills”.

**Social awareness** is one of the key components of emotional intelligence. It is a skill that allows us to understand how another person is feeling, empathize with them, and take a different perspective on a situation.

**Self-management** – You're able to control impulsive feelings and behaviors, manage your emotions in healthy ways, take initiative, follow through on commitments, and adapt to changing circumstances. **Self-awareness** – You recognize your own emotions and how they affect your thoughts and behavior

**Relationship management** refers to our ability to communicate clearly, maintain good relationships with others, connect with those from other cultures, work well in teams, and manage conflict