



nAMI Walks

YOUR WAY

Wellness Wednesday



Take a Break

Social media can be an invaluable tool in staying connected with loved ones around the world, especially during this pandemic. Online news sources can also be helpful in staying up on current events. However, excessive social media use can fuel feelings of anxiety, depression and loneliness. And more than half of Americans report that following the news regularly causes them stress.

By making a few simple changes to your social media and news consumption, and being aware about how you are feeling, you should notice a difference in your well-being.

1. **Limit your consumption time each day** - try to limit to less than 30 minutes a day, especially when you feel stressed or anxious.
2. **Check in with yourself** - focus on how you feel before you go online and after engaging with news or social media. Feeling informed and connected? You've hit a good balance. Feeling panicked and stressed? Try cutting back more.
3. **Pick limited and reliable sources** - not everything online is true! Only read sources you trust and research before you share something online to make sure it is correct.
4. **Do something healthy for you** - after spending time online, engage in a self-care practice like taking a walk or gardening.

Find a good balance to stay connected while taking care of yourself!

NAMI Vermont Minute:

Online connection has played a big role in NAMI Vermont's support groups and programs during this past year. We knew that our services would be needed more than ever as people navigated through the pandemic, so we adapted our programs to an online format, created new programs, and offered one-on-one phone call support. We would much prefer being in person, but until we can do so safely, we are glad we can offer alternative ways to stay connected. [Click here to visit our website's calendar for our latest programs!](#)