

**1. How can you maintain your mental health?(Write as many ideas as you can)**

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.....

**2. Put the symptoms caused by technology and social media in the right place**

<b>Mental</b>	<b>Physical</b>	<b>Not connected</b>

- a, Headaches b, Anxiety c, Stomach Aches d, Diarrhea e, Dry eyes f, Conjunctivitis g, Depression  
h, Flu j, Backache k, Lack of self-efficacy l, Insomnia m, Neck pain

**3. How do you think it is possible to balance out the time you spend on mental health and which you spend on social media? (Discuss in at least 7 sentences.)**

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## 4. Circle the right sentences

1. How many hours do teenagers spend on social media?

- a) between 2 to 3 hours
- b) between 5 to 7 and half hours
- c) between 8 to 10 hours
- d) between 4 to 6 hours

2. How many hours is healthy/enough to spend on social media?

- a) 30 minutes
- b) 1 and a half hour
- c) 2 hours
- d) 4 to 5 hours

3. How many hours on social media considered as addiction?

- a) 12 hours
- b) 5 hours
- c) 9 hours
- d) 3 hours

4. Which social media platform is the most addictive?

- a) Whatsapp
- b) Facebook
- c) TikTok
- d) Instagram

5. How many hours do adults spend on social media?

- a) 1 hour
- b) 4 and a half hours
- c) 6 hours
- d) 2 and a half hours

## 5. Fill in the right words in article

A) Although the use of technology can have a 1. .... impact in terms of helping clients manage and get treated for certain mental health conditions, some research has indicated that the use of technology in general — and especially the internet — actually can be connected with the 2. .... of mental health conditions, such as 3. .... and depression in some individuals.

a) development

b) anxiety

c) positive

B) The impact of technology has extended into the realm of health care, and it is clear that technology also is making positive changes in terms of mental health 1. .... . Research has indicated, however, that the very tools that can help alleviate mental health 2. ...., such as smartphone apps, may be linked with the experience of mental health problems in different contexts. As Pantic stressed, more research is needed before definitive conclusions are drawn. Still, for mental health counselors entering the field, a comprehensive understanding of the nuanced relationship between technology and mental health is 3. .... for effective practice. Counselors are compelled to expand their 4. .... but always in compliance with their respective ethical guidelines and the rule of law.

a) technological competencies

b) care

c) necessary

d) issues

### Solution

4. task:

1. b
2. a
3. c
4. c
5. d

5. task:

- |     |     |
|-----|-----|
| A,  | B,  |
| 1.c | 1.b |
| 2.a | 2.d |
| 3.b | 3.c |
|     | 4.a |

