**Social Media Depression**

There is something that almost everybody does that can be causing depression.

Many people start their day scrolling through social-media, but what they don’t realize is that it could actually be stressing them out, and causing them to feel bad about themselves.

A recent study from the University of Pittsburg’s Center for Research on Media, Technology, and Health found that people who use multiple social-media sites have more of a risk for depression and anxiety.

The question is, why does social media make people depressed?

High School Seniors Kiara Wolfe and Seth McCaulley think people get depressed because they wish they had other people lives.

“They see people with the “perfect” life and see them being happy and they see all the things they have and they realize they don’t have that,” said Senior Kiara Wolfe.

“I think people worry too much about what other people do,” said Senior Seth McCaulley, “They try to be like the people they follow instead of being themselves.”

Freshman Olivia Bailor said, “People get depressed because there is so much negative stuff on social media, and they want to be like the “cooler” people.”

There are many reasons that increased social media usage brings people down, some people wish they had the lives of other people, and some people just feel badly about themselves, and there are some people that know not to feel bad about themselves.

Freshman Olivia Bailor and Senior Keaton both said that they don’t let social media bring them down.

“I don’t get depressed about social media because I don’t care what other people think about me,” said Olivia Bailor.

Kiara Wolfe said that remembering that not everything on social media is true helps her feel better about herself while using social media.

“I try to block negativity on social media,” said Senior Keaton Branstetter, “I like to see things I enjoy.”

Even though all of this stuff happens, should people let social media bring them down?

Senior Seth, and Freshman Olivia Bailor agree that people shouldn’t feel bad about themselves because of social media.

“People shouldn’t let social media bring them down,” said Seth McCaulley, “Sometimes its unavoidable, tragic things happen, and it’s only right for a person to feel emotion.”

Olivia Bailor believes that you shouldn’t care what other people think of you, and you should be happy with your life.

“I don’t think people should feel down while using social media, but they still do,” said Kiara Wolfe.