



DISCONNECT SOCIETY

# If you're working on your mental health, this is worth knowing.

The research is clear. Social media makes it harder.

Longitudinal studies link heavy social media use to increased depression, anxiety, sleep disruption, and loneliness. Randomized experiments show that cutting back, even modestly, can produce measurable improvements in weeks.

This isn't about judgment or willpower. These platforms were designed to be difficult to stop using. Recognizing that is the first step, and you don't have to do it alone. Visit the site to take a self-reflection quiz, learn why this is worth your attention, or make a 10-day pledge to try something different.

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[disconnectmadison.org](https://disconnectmadison.org)



No spam. No tracking. Just a question worth asking.