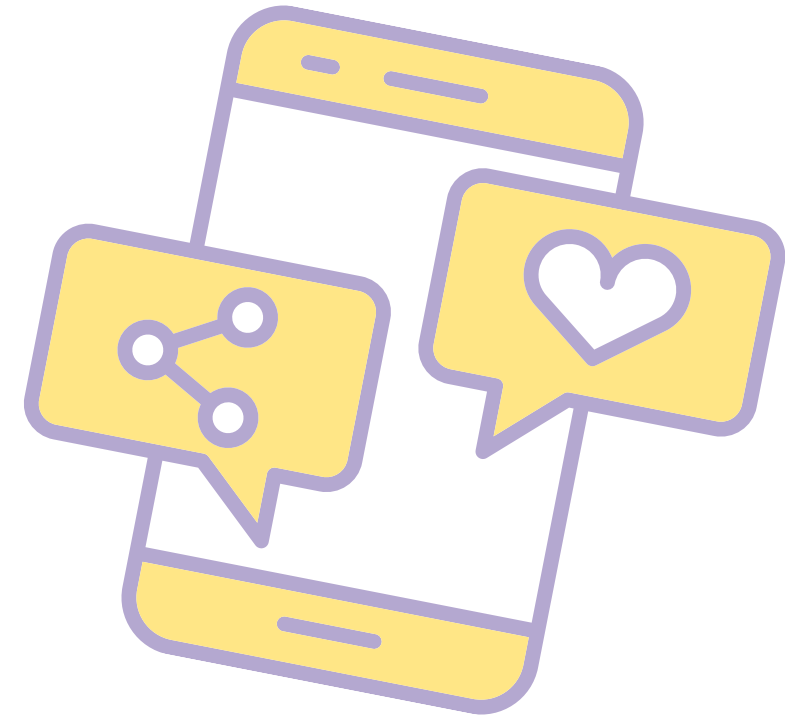


# Making social media work for you

Social media is an asset to the lives of most of us, but it also has the potential to do some harm to our self esteem and confidence if we don't use it wisely.

## What apps and websites are you using?

During the pandemic, a lot of us have seen our screen time increase. Think about where you spend most of your time online.



1 .....

2 .....

3 .....

To maximise the good and minimise the bad online, it can be useful to review the positives and negatives. Try to be specific, think about particular apps/websites and situations

### Positives things

E.g. what makes you feel good on social media/online? What benefits does it bring to your life?

### Negative things

E.g. what makes you feel bad on social media/online? Are there any things that you access that make you feel worse during/afterwards?

# Taking action

By identifying triggers of negative feelings and emotions, we can explore different actions to take!

For example:  
When I...I feel...

Instead I will...

When I end up watching TikToks for too long I feel low in energy and unmotivated.



Try setting some time limits on my apps  
Get up and do some movement - stretches or a walk

When I compare my life to other people, I feel boring and like I should have more friends.



Review who you follow - don't be afraid to unfollow or mute accounts that make you feel bad. Equally, try and find people that inspire you for positive reasons.

Focus on all the positives you have in your life, not just what things look like online. Make a list of things you are grateful for.

Now try your own

