

Take control of your social media and improve your mental health

Strategies for healthy social media use:

- ✓ **Evaluate your why.** Know your goal and stick to it.
- ✓ **Only click on content you enjoy.** Unfollow or hide feeds that stress you out.
- ✓ **Limit your time on social media.** Decide what works best for you.
- ✓ **Pay attention to your emotions.** If you notice you are less happy, consider a change.
- ✓ **Counter negative self-talk.** Do not compare yourself to others and do not be fooled, people are imperfect.
- ✓ **Follow the feel-good stuff.** Search out things that make you happy and add them to your feeds.
- ✓ **Schedule time with real-life friends.** Hear about authentic life experiences and know you are not alone.



Visit your member website to learn more.

