

Social Media Wellness

Are you in control of Social Media or does Social Media have a hold on you?

10 Questions to Ask Yourself:

1. What do you like about social media?
2. What lifts your mood when engaging on social media?
3. What inspires you?
4. Overall, what would you like to get out using social media?
5. What do you dislike about social media?
6. What tends to lower your mood when engaging on social media?
7. Are there any individuals or pages which irritates or annoys you?
8. Why do these things bother you? *(Might have to dig deep and be really honest with yourself!)*
9. What are the consequences of missing out on social media? *(Helpful question to explore if you struggle with the Fear of Missing Out – FOMO)*
10. Social media does not define your worth or value in the world. Who are you without social media? Without validation or approval from others? *(One to reflect on but know that you are valuable to world no matter your circumstances)*

Focus on what you want to get out of social media. It's good to understand what your triggers are and when social media should be avoided. Would highly recommend a social media detox every now and then to gain back control and promote mental wellness.

Meditate on these questions and decide what's right for you when engaging on social media platforms 😊