

## How does your social media use affect you?



Sure, social media can bring a lot of fun, inspiring and educational content and connections to your fingertips. But it can also lead people to disturbing content, stressful situations and feelings of anxiety, sadness and self-doubt, among other negative effects. It all depends on the person and how they use social media.



### Take the social media self-care quiz

Positive

**Circle** each of the following statements that you can relate to in a positive way.

Talking to friends

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Keeping track of my crush

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Following celebrities and influencers

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Being liked

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Learning about current events

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Connecting with people I like

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Seeing what my 'enemies' are up to

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Sharing my achievements

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Seeing what people are saying about me

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~~Negative~~

**Cross-out** each of the following statements that make you feel uneasy or stressed.

Learning more about things I care about

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Feeling less lonely

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Not wanting to miss out

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Watching funny videos

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Being an influencer

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Putting off doing my chores or homework

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Comparing myself to others

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Being creative sharing content

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Tracking who likes my posts and how quickly

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## Review your answers

The **circles** represent social media activities that help you feel good. Focus your social media use on these types of activities. In other words, yes, watch funny videos, chat with your best friends, go through old photos of good memories or whatever else brings you joy.

The **cross-outs** represent social media activities that bring you down. Take steps to avoid these. For example, unfollow bad ‘friends’ and stop checking on your crush. Do your best not to compare yourself to others or look at how many ‘likes’ you get. Avoiding these activities may be difficult at first. Changing habits is hard. But over time, your best interests will gain the benefit.

### Sources

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