

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

Keeping track of my crush

Following celebrities and influencers

Being liked

Learning about current events

Connecting with people I like

Seeing what my “enemies” are up to

Sharing my achievements

Seeing what people are saying about me

~~Negative~~

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

Learning more about things I care about

Feeling less lonely

Not wanting to miss out

Watching funny videos

Being an influencer

Putting off doing my chores or homework

Comparing myself to others

Being creative sharing content

Tracking of who likes my posts and how quickly



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” or 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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