

Social Media and your Mental Health

In modern society social media is something we struggle to live without. Whether you love it or hate it we all often find ourselves utilising it in one way or another.

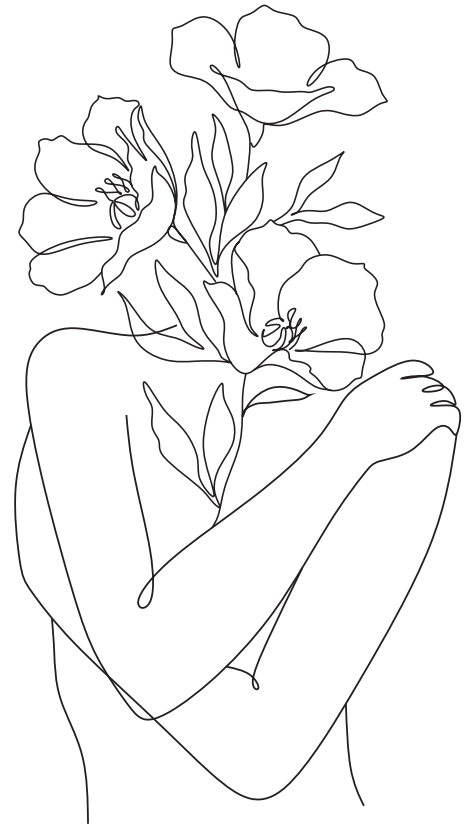
Our brains haven't developed as quickly as technology and therefore aren't equipped to consume such a mass of information, and there is a risk of becoming not only overstimulated but also overwhelmed.

Consuming this content can trigger comparative behaviours, and what you are comparing to will vary based on what you see on your social media and also what you believe to be of value in your life.

For example, if you hold value over the way you look it can be triggering to see numerous images of those who look like "societies ideal".

Alternatively if you hold value over success being determined by career progression you may feel triggered by someones new job update and question why you aren't progressing too. Likewise if you hold value over relationships and see a couple who present themselves as happy and romantic on their social media post.

Protecting your mental health on social media is imperative



“If you prioritize yourself, you are going to save yourself.”

- **Gabrielle Union, Actress**

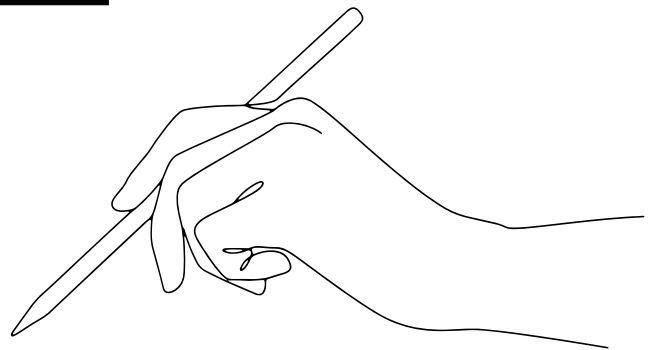
Protecting your mental health

There are several steps you can to protect your mental health whilst online:

- ◆ Unfollow accounts that add toxicity to your life and induce comparative behaviours. If you notice that it triggers you, remove it.
- ◆ Take a break from social media if you feel you need it. Turn notifications off, delete apps or deactivate your account for a period of time.
- ◆ Follow accounts and engage with content that aligns with your values and reflect what you want and need to see on your social media feed.

If you do find yourself comparing, write a gratitude list to remind yourself of all of the amazing things that exist in your life.

Recognise all that you have.



Social Media Insights

All Social media algorithms, regardless of platform, will show you content it thinks you wish to see. This is based on content and accounts you follow or engage with and how much time you spend on the content, for example if you watch the same reel twice the algorithm believes that you like it and will proceed to show you similar content. With this knowledge we can carefully select what content on our socials that we allow to receive our time and energy.