

HANDOUT

Awareness – Emotional wellbeing for social media users

Activity 2

RULES FOR MENTAL AND EMOTIONAL WELLBEING OF SOCIAL MEDIA USER

Know when to switch off - spending too much time from the day online has negative effects on mental health and could lead to depression, anxiety, sense of isolation, fear from missing out (FOMO) or loneliness. Keep your time online reasonable or spend a day or a week away from social media. Spend more time with your friends in real world.

Have a self-care plan – unfollow accounts that lead to negative feelings. If you decide, you may uninstall social media apps from at least one device. If you have troubles with your mental health, seek a specialist or find a community for mental health support.

Relax your standards – instead of focusing on the number of likes, comments, or shares focus on quality of your interactions and the value of your content. Do not share every aspect or detail from your day. Do not compare and compete with others.

Be kind – don't let anyone to ruin your good mood with online heated debates. Be respectful and kind.

