Social Media Mental Health Checklist

10 Things Towards a Happier, Healthier (Social) You!

- **DON’T COMPARE** Comparison is the thief of joy. Don’t let others “highlight reels” be your reason for playing the comparison game.

- **CLEANSE YOUR FEED** Sometimes the best thing we can do is give ourselves a little refresh. If you see something on your feed that isn’t resonating with you anymore…just hit the “unfollow” button!

- **TRACK YOUR SCREEN TIME** Track how much time your spending on your phone with your iPhone’s screen time app. You can also set limits for yourself while using other apps here too.

- **UTILIZE THE POWER OF MUTING** Use muting to hide Instagram posts or stories from people you follow without having to hit the “unfollow” button.

- **USE SOCIAL MEDIA AS INSPIRATION** Allow social to be your means for gathering inspiration for upcoming projects and future goals.

- **SEE THE BEAUTY IN SOCIAL** See the good in social by taking note of all the beautiful things it’s allowed us to witness. From connections, and opportunities to new ways of thinking.

- **OPTIMIZE IT’S NETWORKING POWERS** Social media can be a powerful networking tool to connect with influencers, brands, companies…the list is endless.

- **STAY TRUE TO YOURSELF** Always be you. The beauty of social is that everyone is looking for a connection. Let your true-self shine through and have fun!