

Managing Social Media and looking after your wellbeing

Social media has brought many advantages to us all - from connecting with people to creating fun and exciting content. However from time to time social media and the internet can be all consuming, which could lead us to feeling overwhelmed. We have compiled a list of resources and ideas to hopefully help you manage your wellbeing online.

Challenge what you see

Not everything you see on social media and the internet is real, and now more than ever we need to challenge what we see online. Check out our top tips to think critically below.

1. Who created the information you have read, seen or watched and where has it come from?
2. What else have they created?
3. Are they recognised and respected?
4. Is the video or image of high quality?
5. Do the images or videos look real or fake?
6. What's the date on the post? Always check the date - especially when reading the news online
7. Is what they are telling us fact or opinion?
8. Why are they telling us these things? Is it maybe to sell us something or to frighten or scaremonger?

Looking after your wellbeing online

We all use social media differently and you may have things in place already to help manage our wellbeing online. It's definitely about finding something that works for you and hopefully some of the tips below can help.

- Set a time limit for how long you want to spend online
- Turn social media notifications off on your phone
- Unfollow, restrict and block if necessary – take control of your feed so when you go onto social media it's a positive experience
- Keep tech out of bedrooms and come away from tech an hour or so before bed. Don't underestimate the power of a good night's sleep
- Follow people that make you feel positive and essentially happy
- Have a detox – try having a gadget free hour, go for a walk maybe, and be mindful of what is going on around you rather than being on your phone
- Look at the people in the accounts you are following on social media, and be mindful of how you feel about your own body and appearance when you look at them
- Have fun, get creative and be positive online

Further resources recommended resources

- [Mind](#) – 5 ways to wellbeing and get your 5 a day
- [Action for happiness](#) also download their app
- [Headspace](#) – The mindfulness app
- [Body image](#) – Mental Health Foundation and [Young Minds](#)
- [Young Minds](#) and Social Media

