3 WAYS TO SET BOUNDARIES IN WORKING IN SOCIAL AND DIGITAL MEDIA

hg

From a leadership interview with Julia Melissinos

There is a part of having a job in social and digital media where you must be online. I asked Julia Melissinos about setting boundaries between work and personal time. Julia shared her personal struggles with needing to be online in a social and digital job. Julia explained, "there are a lot of things that people that work in social, like, just cannot look away from either because it relates directly to your client maybe, or, you know, it is still going to relate to your strategy or just the social landscape." There is this feeling of needing to be online, but Julia and I discussed tips for setting boundaries with social media when you work in digital and social media.

01 Knowing Work Place Expectations

Asking questions like, am I expected to monitor socials at eight o'clock? Am I expected to be monitoring before work? What about weekends? It is important to make sure that what is being asked is clear.

02 Keep your job seperate from personal social media

Keeping your job separate and your personal separate really draws those divisions and where you stand. Julia has found her social media to be a place to post when it is creative and separate from her work.

03 Be on your socials to have fun!

Social media should feel fun! When you have time off on the weekends and sitting on Instagram is not making you feel good - log off. That is your time!

For more information about the conducted interview, watch the leadership interview clip and read my blog!

www.thehannahgates.com