

Social Media

Without letting it wreck your mood

A teen-friendly guide to scrolling with more self-respect and less stress.

SAME YOU. BRIGHT THINGS AHEAD. ♥

Your mental health deserves more than a scroll. ♥

REAL PEOPLE
REAL LIVES
BE KIND
ONLINE
AND
OFFLINE
♥

1 What social media can do to your brain

It's designed to keep you scrolling. Here's how it can affect you:

Dopamine hits

Likes, comments and notifications give quick hits of dopamine, making you want more, even when it doesn't actually make you happier long term.

Constant comparison

You usually see the highlight reel, not the full story. It can make your own life seem less exciting.

FOMO (fear of missing out)

Seeing others' plans can trigger anxiety and make you feel like you're missing out, even when you're not.

Doom scrolling

It's easy to get stuck scrolling through negative or upsetting news, which can increase stress and make you feel worse.

Body image pressure

Filters and edited photos can create unrealistic beauty standards and make you feel like you're not enough.

Sleep disruption

Blue light and late-night scrolling can mess with your sleep, which affects your mood, focus and overall mental health.

Same app. Different mindset is possible. ♥



2 Signs it's becoming too much

Social media should add to your life, not take away from it.

Here are some signs it might be time for a change:



You feel worse after scrolling

Your mood drops, you feel anxious, irritable or just kind of blah.



You obsess over likes or views

You constantly check for likes, comments or shares, and it affects how you feel about yourself.



You find yourself stalking people

You keep checking someone's profile, even though it doesn't make you feel good.



You lose sleep

You stay up late scrolling or think about social media when you should be resting.



You feel left out or not enough

You often feel like everyone else has a better life, more friends or is doing more than you.

It's okay to notice when something isn't feeling good. ♥



3 How to protect your feed

You get to choose what you see. Create a social media space that feels better for you.



Mute

Mute accounts that make you feel insecure, negative or overwhelmed. You can still be kind and protect your peace.



Unfollow

Unfollow accounts that don't add value to your life. It's okay to let go.



Block

Block people who are harmful, disrespectful or make you feel unsafe.



Curate your feed

Follow accounts that are real, uplifting, educational, creative or make you feel inspired.



Take breaks

Log out, turn off notifications or set time limits. It's healthy to step away.



Follow people who lift you up

Choose creators who make you feel informed, inspired, accepted and more like you.

A healthier feed can lead to a happier you. ♥



4 Before you post or react

A few seconds can make a big difference. Pause and check in:



Take a pause

Give yourself a moment to breathe. You don't have to post or respond right away.



Ask yourself:

- Is it true?
- Is it helpful?
- Is it kind?
- Is it safe?

If the answer is no, it's okay to wait. ♥

You can be thoughtful and still be you. ♥



Don't respond when you're activated

If you're angry, hurt or upset, take time to calm down first. You'll likely make a better choice.



Talk to a real person first

If it's something big, sensitive or emotional, check in with a friend, family member or a trusted adult before you post or react.

5 Mini reset

Feeling overwhelmed? Try one (or more) of these to reset:



Step away

Put your phone down, even just for a little while.



Move your body

Go for a walk, stretch, dance, or do something that feels good.



Get outside

Fresh air can help clear your mind and boost your mood.



Text a safe person

Reach out to a friend, family member or someone you trust.



Do something real-world

Read, listen to music, create something, spend time with someone you care about, or do an activity you enjoy.

A brighter mood doesn't always come from a screen. ♥



6 Helpful reminder

Keep this close when you need it:

Your worth is not measured in views or likes. ♥

REAL CONNECTIONS
MATTER MORE

YOU ARE ENOUGH

LOG OFF
BREATHE
BE PROUD
KEEP GOING
♥



KINDER
ONLINE



BRaver
IN REAL LIFE



A BRIGHTER
TOMORROW



STILL
YOU
AND THAT'S
ENOUGH

