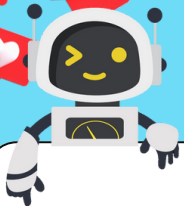


INTERACTION



Realistic Expectations

Avoid seeking constant validation through likes and comments. Understand that not every post will get the attention you hope for, and that's okay. Social media doesn't define your worth.

Take Breaks

If you find yourself overwhelmed by the constant scrolling and checking for notifications, take breaks from social media. Unplug to reconnect with yourself and reduce the pressure of needing constant interaction.

Real Connections

Instead of relying on social media for affirmation, spend time nurturing in-person relationships or connecting with people who make you feel valued beyond the digital world.

Limit Social Media

Set boundaries for how often you check your feed or post. Reducing your time online can help reduce feelings of inadequacy or loneliness and allow you to be more present in your offline life.

Practice Self-Compassion

Acknowledge the feelings of frustration, but also be kind to yourself. Social media can be an emotional rollercoaster, but reminding yourself that you are enough without external approval is key to maintaining a healthy mindset.



Resources:

- connectsafely.org
- netsmartzkids.org
- cyberhouserock.info