

Staying Well Online: Social Media and Your Wellbeing



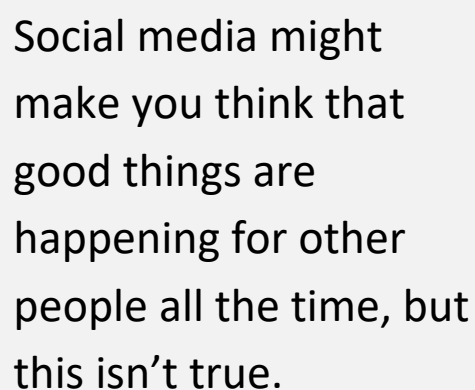
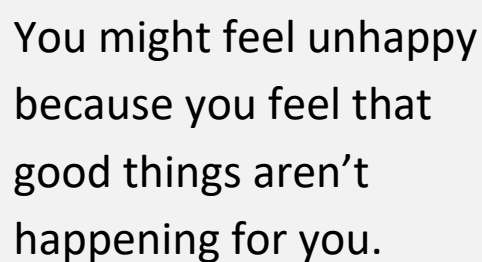
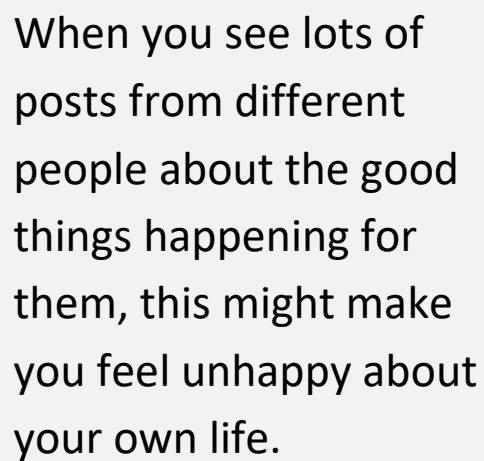
Sometimes the things you see on social media can make you feel unhappy about your life.

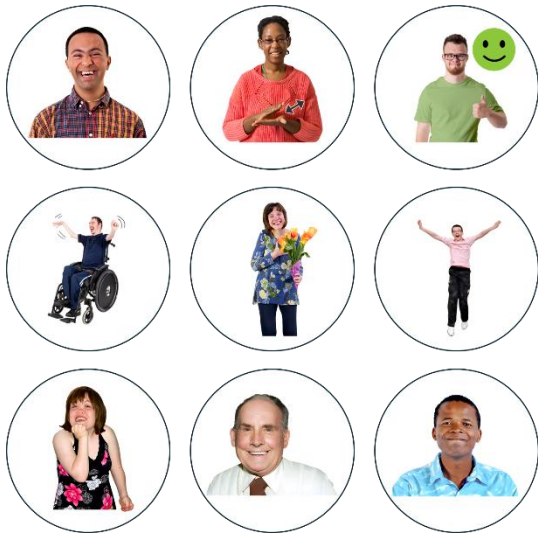


When people post about their lives on social media, they often post about good things that are happening for them.



For example, people might post that they are on holiday or have achieved something.

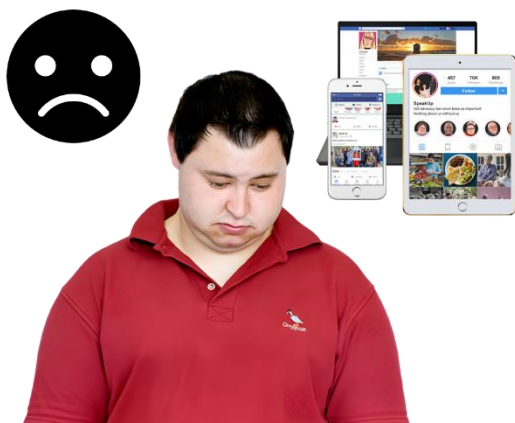




You are just seeing
good things happening
for a lot of different
people.



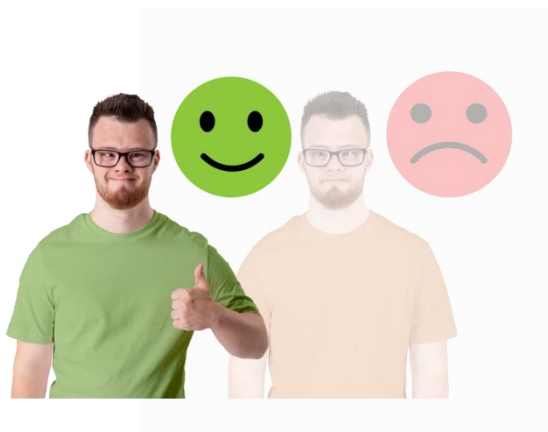
Good things happen in
everybody's life, just
not as often as social
media can make you
think.



Social media can also
affect your self-esteem.
This is how you feel
about yourself.



Social media can focus a lot on how people look and the things that people have. This can make some people feel bad about themselves.



Remember, not everybody's life is perfect. You are only seeing the best parts of people's lives.



If social media makes you feel unhappy about yourself, talk to someone you trust for support.



Try and reduce the amount of time you spend on social media.



Spend more time with people you know, like your friends and family.



Look after yourself! Eat healthy food and stay active. Even light exercise will help your body and mind!



Keep your mind busy by doing activities and hobbies that don't use screens, such as reading or crafts.



Meet new people by joining groups or doing some volunteering!



If you feel that you are spending too much time on social media or feel that it is affecting your mental health, speak to someone you trust for support.