

## 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.



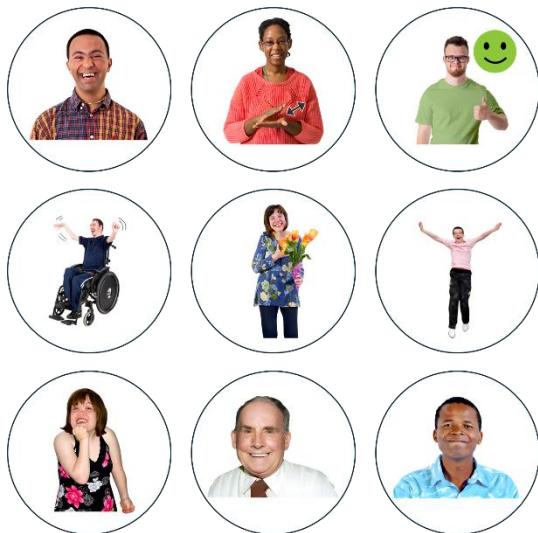
When you see lots of posts from different people about the good things happening for them, this might make you feel unhappy about your own life.



You might feel unhappy because you feel that good things aren't happening for you.



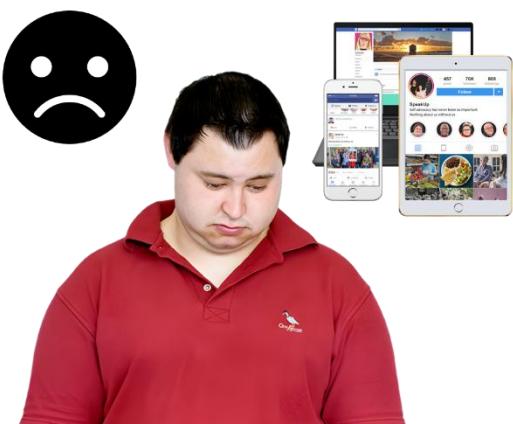
Social media might make you think that good things are happening for other people all the time, but this isn't true.



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



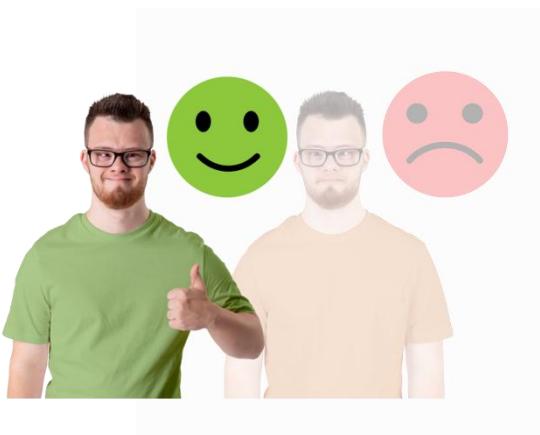
Good things happen in  
everybody's life, just  
not as often as social  
media can make you  
think.



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.