

My Social Media Rx

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Active ingredients: Describe how social media impacts:

- your thoughts:
- your mood:
- how you view yourself:

Uses: How do you want to use your time online?

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Warnings -- May cause:

What issues concern you about social media?

When using this product -- keep in mind:

What have you noticed about yourself or your friends when going online?



Directions: not recommended for ages 13 yrs and under

What do you recommend for yourself?

- Specific apps to delete?
- Who / What to follow?
- Who / What to unfollow?
- Hard stop for time online?



Keep out of reach:

- When...
- If...
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Possible Negative Interactions: What should you avoid mixing with social media?

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Stop Use or Seek Support if:

- Use causes obsessive behavior, excessive app checking.
- Use exceeds more than two hours per day.
- Confusion occurs between reality vs. non-reality.
- You feel yourself being sucked into the illusion of perfection.
- Comparisons cause destructive thoughts and feelings.
- Difficult feelings worsen.

WHAT ELSE?



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