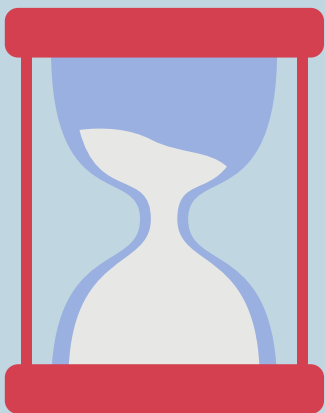


5 TIPS FOR TEENS TO HELP MANAGE SOCIAL MEDIA ANXIETY

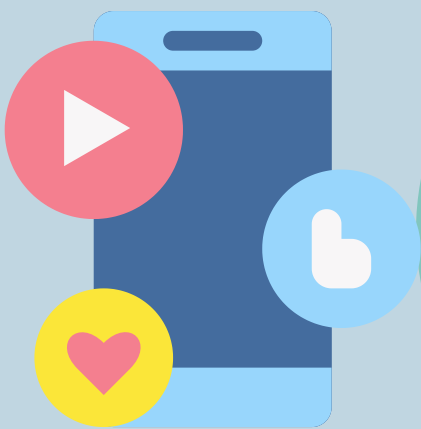


LIMIT YOUR TIME

Try to monitor and limit the time you spend on social media platforms. This can decrease unhealthy comparisons with others online and help manage anxious feelings that can be caused by social media. Instead of staring at a screen for hours, try a new activity that doesn't require using your smartphone.

2. WATCH WHAT & WHO YOU FOLLOW

Social media anxiety can be caused by the type of content you constantly consume. Consider what sites and who you follow. If a person or its content is making you feel anxious or upset, don't be afraid to leave or unfollow a profile, page or site.



3. NOT EVERYTHING YOU SEE IS TRUE

Social media showcases content that often highlights perfectionism and can make you feel unworthy or cause early signs of anxiety. Remember, what people post, or what you see, may not be honest or real presentations of their experiences or lives. Don't believe everything you read.

4. CAN I SAY THIS IN PERSON?

You can cause others to feel anxiety by what you choose to post online. Because it's hard to remove things from the internet, ask yourself before posting something about yourself or someone else, "would I rather make this comment in an in-person setting?" or "would this comment cause someone else hurt or anxiety?"



5. TALK TO PEOPLE YOU TRUST

Don't be afraid to speak to trusted adults (family, friends or school counselors) if you see content or a post from a friend that may worry you or if something you are reading causes you to feel anxious.

Check out these helpful resources to learn more about anxiety and depression in [Teens & College Students](#).

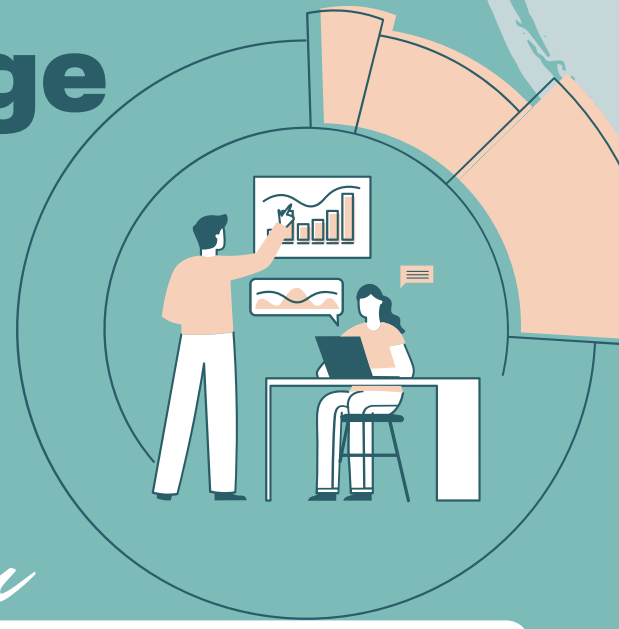
For more information, visit

WWW.ADAA.ORG

ADAA

4 Tip to Manage Anxiety and Depression On Campus

College Student Edition



When the pressure begins to feel too overwhelming, its time to find a stress outlet

Time to



Find connections

KPIs should be based on the target. Use performance data, forecasts, and comparisons to determine relevant details.



Practice self-care

KPIs must be based on relevant metrics and insights since chasing every metric will lead to confusion and waste of time.

SELF-CARE CHECKLIST

- Good sleep
- Meditate
- Exercise
- Read book
- Eat healthy
- Drink more water

Don't rely on stimulants/ Set realistic expectations

It should be simple, concise, and easy to understand. Provide examples of data correlation to illustrate the point.

