



TIPS FOR IMPROVING YOUR RELATIONSHIP with Social Media

1

Track your intake

Before you go online, ask yourself:
"What need am I trying to meet?"

2

Know your worth

Social media platforms are free
because your data and your
attention are being sold to
advertisers and other businesses.
You are the product;
they are the true customers.

3

Do a digital reset

Set aside time each day
to be offline.

4

Be choosy

Pick content that affirms who you
are, teaches useful things or
challenges you in healthy ways.