McCaskill Family Services, PLLC
Pediatric Psychologist & Psycho-Educational Evaluation Specialists
Main Business Office: 409 Plymouth Rd., Suite 250, Plymouth, MI 48170
Brighton Location: 2040 Grand River Annex, Suite 300, Brighton, MI 48114
Phone: (734) 416-9098, Ext. 1 FAX: (734) 416-0158
www.mccaskillfamilyservices.com office@mccaskillfamilyservices.com

The Social Media Checklist For Mental Health

- ✓ Follow someone who debunks "influencers" and how they take photos
- ✓ Follow someone who promotes good news happening in the world (e.g., acts of kindness etc.)
- ✓ Follow someone who promotes "real" bodies
- ✓ Follow a few healthy recipe/cooking pages
- ✓ Follow a page of something creative you like to do in your free time (e.g., painting demos, how-to's)
- ✓ Follow a few inspirational account (e.g., daily quotes, positive affirmations, etc.)
- ✓ Choose no more than two (for a balanced view) news accounts to follow
- ✓ Follow a page that you can relate to for mental health support (e.g., depression tips, ADHD resources)
- ✓ Follow a travel/destination page
- ✓ Follow a page of a hobby/activity that you want to do, but have never done yet
- ✓ Follow a page that suggests ideas for self-care
- ✓ Follow others in the same career field as you for networking purposes

- ➢ Unfollow friends that you haven't had any contact with in the past 5 years (e.g., clean up your account)
- ➢ Unfollow anyone you haven't forgiven or made peace with yet
- ➢ Unfollow anyone who makes you feel jealous or inferior
- ➢ Unfollow anyone you find yourself comparing your life/success to
- ➢ Unfollow any fad diets or food restrictive pages
- ➢ Unfollow pages/people that promote unhealthy and/or unrealistic body image
- ➢ Unfollow anyone that makes you feel uncomfortable (e.g., you don't need a reason and you don't owe them an explanation)

Remember, on platforms like Instagram you can type in a # of whatever it is you are looking for…**#selfcare #healthyrecipes #inspiration** etc. to easily find access to these topics.

Although there are a lot of great pages out there, <u>it is still social media, so please be aware!</u> Does the page seem legitimate (e.g., accurate news, empirically supported info, etc.) and appropriate for you? If at any time it doesn't, unfollow and find a different page that suits you better.

By: Jaclyn Rink, MSCP, LLP