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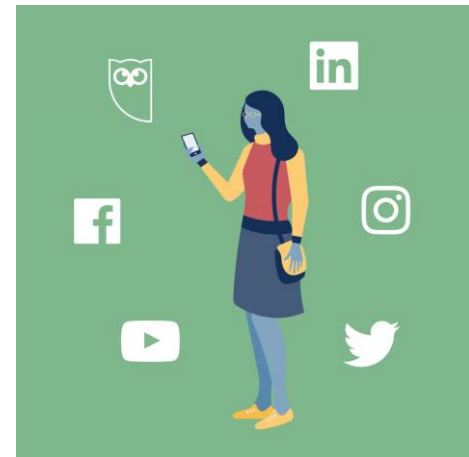
Remember, on platforms like Instagram you can type in a # of whatever it is you are looking for…**#selfcare #healthyrecipes #inspiration** etc. to easily find access to these topics.

Although there are a lot of great pages out there, it is still social media, so please be aware! 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