



# SOCIAL MEDIA CLEAN-OUT

*Our mindset and our attitudes in our head and heart are really important. But we have to change the things that we see, hear and experience as well. Given the huge influence of media images and social media on our lives, it makes sense to consider if we can reduce the amount of times we are negatively influenced in the day.*

## **STEP ONE:**

Pick up your phone, go onto either instagram or tiktok.

## **STEP TWO:**

Have a look about the content you are seeing, are there any pages or influencers that make you feel better, neutral or worse about your body, eating or movement?

### **Tip: Red Flags to look out for include:**

- 'before and after' photos of bodies,
- pages showing only one type of body shape (usually a small body),
- selling a diet or 'diet in disguise'
- selling 'miracle' products
- making you feel like there is something you need to change about your body, food or the way you move your body
- seems too good to be true

### **STEP THREE:**

Unfollow the pages you notice aren't helping you embrace your body, food or movement!

### **STEP FOUR:**

Create a list of pages and influencers that are doing an amazing job to share positive messages about bodies, eating and movement. See if you can find more great pages that you enjoy

### **STEP FIVE:**

Share your new list of body positive social media content in your group chat with friends and share the love!