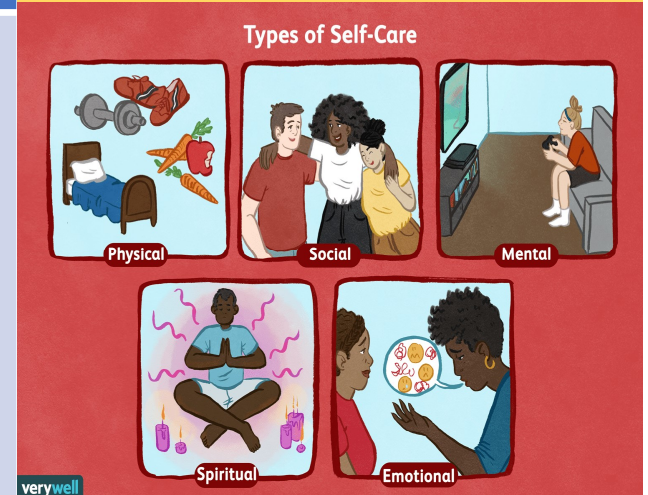


# HOW TO AVOID SOCIAL MEDIA TRAP: SOME TIPS

Identify what's important to you and prioritize those values over external pressures and expectations.

Develop a positive self-image based on internal qualities, rather than external appearances or possessions.



## HOW TO AVOID SOCIAL MEDIA TRAP: SOME TIPS

Set aside time to disconnect from technology and engage in other activities that promote mental & emotional well being.

Pursue hobbies, exercise, spend time with loved ones and engage in other activities that promote positive mental health.



## HOW TO AVOID SOCIAL MEDIA TRAP:SOME TIPS

Talk to a trusted adult about your struggles and seek their guidance and support.

Learn to say “no” to things that don’t align with your values or goals.

Seek out friends and peers who share your values and support your goals.

