

Social Media in Trying Times

Many of us rely on social media every single day. Especially during difficult times, when we are feeling isolated or lonely, we might find ourselves turning to social media for company and a sense of feeling connected to others. This is great but there are some key things to be aware of if we don't want our emotional wellbeing to be negatively impacted.

Schedule a Social Media Slot Each Day



It's all too easy to check in on social media constantly throughout the day. Many of us tend to have our phones by our side all the time, and every time we hear an alert, we can't resist taking a look. We may be spending far more time on social media than we realise, which might mean that we're missing out on other things.



Use Social Media to Stay in Touch

When you can't physically meet up with family and friends, social media is a great way to communicate with others. Sharing photos of the children with their grandparents, sending a 'Get Well Soon' or 'Happy Birthday!' message to a friend or having a group chat are really positive ways of using social media.

Share Positive Posts



Social media can also be a great way of sharing good news, being there for others, providing tips and advice, promoting a charity or raising funds for a good cause. Forward an inspiring quote, share a funny video or post a cute animal photo. These are examples of using social media in a way that supports positive mental health and wellbeing.

Consider Your Reactions



If you're spending a lot of time on social media (perhaps more than usual) and if you're feeling a little more frazzled than normal, you might find yourself getting caught up in contentious online debates or feeling riled by others' posts. Perhaps you have read a post that you find inconsiderate or offensive or perhaps you are getting fed up of seeing others seemingly coping better than you are. Try to remember that you are in control of your reaction and sometimes no reaction is the best reaction.