

How to Find Good Mental Health with Social Media and More **by Amy Jane Williams, Amy Williams Wellness**

Social media, email, and Google searching are free places to stay connected, get information and get inspired. Privacy concerns (and those are real) aside, you can create a social media/online experience that is more harmonious for you.

Here are some tips I am practicing. Let me know if you have tips and what helps you! You can expand these ideas to watching Netflix, YouTube, etc!

Set limits:

You can go into your phone and set limits of how much time you spend on social media daily. You can override these - try not to. It can be pretty shocking to see you've been on 2 hours and it's not even mid-morning.

You can also program your phone to go to privacy mode between certain hours, and this means you can't be contacted unless it's by someone on your contact list or they call repeated times.

Schedule check-in times:

For example, you will check your email or social media at 8 am, noon and 6 pm. Give yourself a time limit if possible and get off when done.

Make a curated list of who inspires you and who you want to follow: Create a list of who you enjoy following for inspiration, information, etc. For example if you could only keep up with 5 accounts (not friends) who would they be? Keep the list near for reference. As a rule, like their posts, comment, and even share to make sure they keep appearing in your feed.

Create a list of friends you want to keep up with. Sometimes people do not show up in your feed so remembering who you want to keep in touch with is very helpful. Maybe you're seeing people you don't care to follow and not seeing people you do.

Plan a monthly exploration time where you look for new people to learn from etc. This practice isn't about being rigid, but about being intentional.

Have a life! What did we do before social media? Maybe you're too young to know or too old to remember :) It's so helpful to create, live and enjoy your own life. Social media and even checking your email can be addictive. It doesn't help that your phone, the weather report and more are on your phone. Pursue your own interests - art, hiking, reading a book, watching the sky, calling a friend, taking a walk, yoga, cooking, gardening! The more you pursue real life, the less time you have for being online!