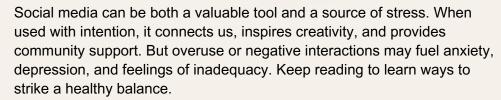
Employee Assistance Program *Tip Sheet*

Navigating Social Media for Mental Wellness







- 1. Curate Your Feed: Follow accounts that uplift, educate, or inspire you. Unfollow or mute pages that trigger comparison or negativity.
- **2. Set Time Limits:** Use screen time tools to monitor and manage your usage. Try scheduling "social media-free" blocks throughout your day.
- **3. Engage, Don't Just Scroll:** Be an active participant. Comment, share, and connect with people who bring positivity into your life.
- **4. Practice Digital Detoxes:** Take breaks, especially if you notice mood changes or stress. Even a short break can help reset your mental space.
- **5. Protect Your Sleep:** Avoid screens at least one hour before bed. Blue light and emotional content can disrupt restful sleep.

Social media isn't all good or all bad. It's how we use it that matters. If social media is affecting your mood or self-esteem, talk to someone. Employee Assistance Program (EAP) counselors are here to help. Contact your EAP for free, confidential resources and guidance.

Source: https://insightspsychology.org/mental-health-impact-of-social-medial



Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

24/7/365 PHONE: 1.800.833.3031

WEBSITE: EAPHelplink.com

CODE: IOWA



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