OUR EMOTIONS ONLINE
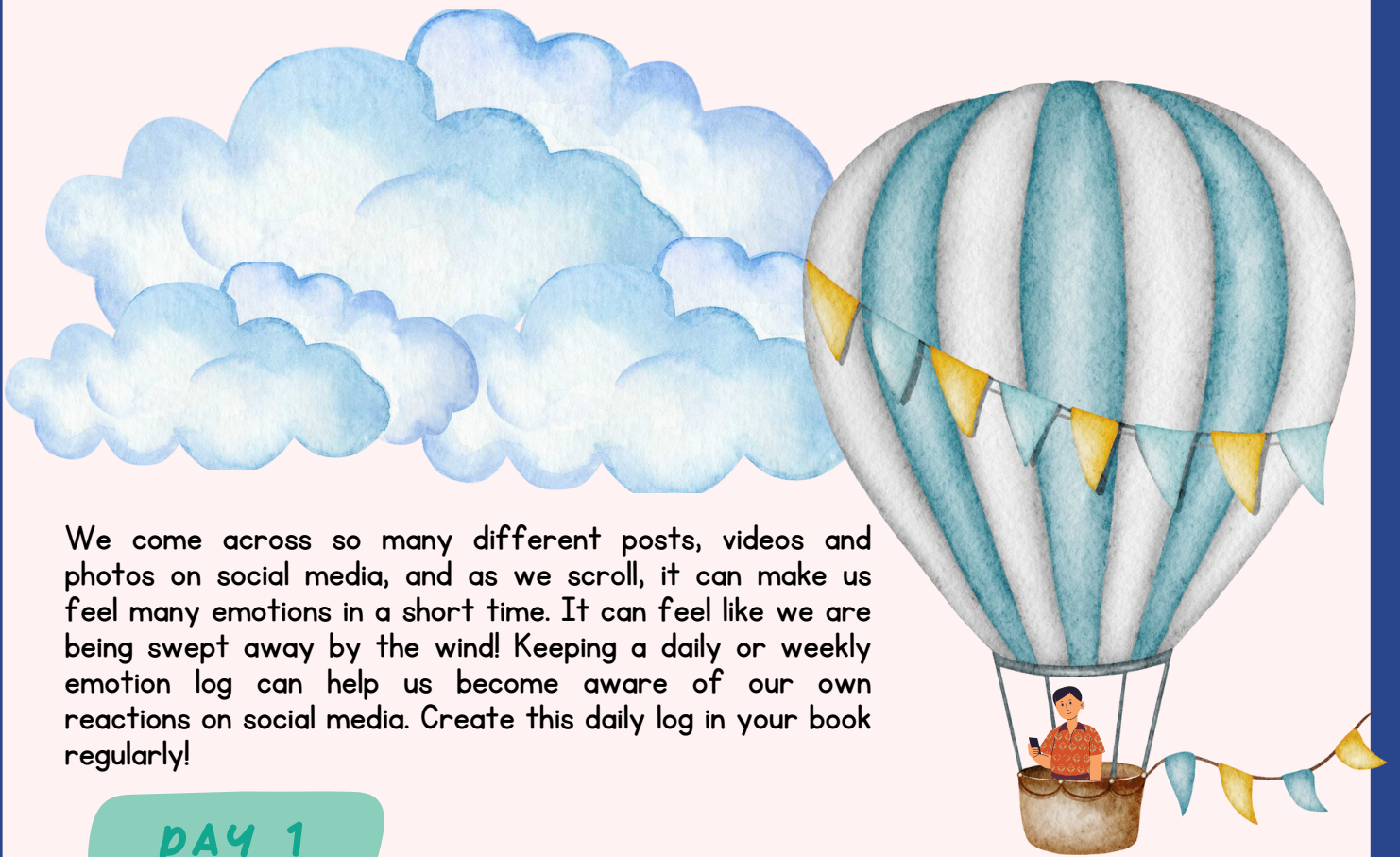
We come across so many different posts, videos and photos on social media, and as we scroll, it can make us feel many emotions in a short time. It can feel like we are being swept away by the wind! Keeping a daily or weekly emotion log can help us become aware of our own reactions on social media. Create this daily log in your book regularly!

DAY 1

Which emotions did you feel while using social media today? Draw the emojis – make them big if they were intense, and small if they were mild feelings...

Grateful

Loving

Anxious

Angry

Happy

Jealous

Upset

Excited

What did you see, hear or participate in that made you feel these emotions? Write them down...

SOCIAL MEDIA BINGO

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Now that you are more aware of your emotions, and what you come across online, let's look deeper into some experiences on social media that can affect our mood and mental health... Have you ever experienced any of these?

Hoped that my stories and posts are liked by others.	Spent too much time comparing myself to others online.	Felt pressure to look cool and perfect online.	Experienced FOMO (fear of missing out) from friends' photos hanging out without me.
Spent more time online than planned, affecting my work/sleep.	Posted something to get likes but didn't feel satisfied after.	Experienced cyberbullying or harsh messages.	Felt disconnected from myself due to too much screen time.
Felt conscious about how I looked because everyone online looks beautiful.	Felt lonely even when interacting with people online.	Felt embarrassed to show where I live, things I own.	Felt extremely excited because my post or comment became popular.
Got anxious when I didn't receive a quick reply to a message.	Worried when I saw a post about bad news in the world.	Felt overwhelmed by too many notifications in one day.	Felt irritated when my feed was full of ads.

IT IS VERY NORMAL AND HUMAN TO EXPERIENCE THESE FEELINGS! However, it is also important to know how to take care of yourself in these times, so you can enjoy your time on social media. After all, nobody likes to be sad, anxious or insecure all the time!

CARING FOR YOURSELF

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What can you do when you feel like social media is not fun anymore, rather, it is affecting your mental health, confidence and relationships negatively? Use this checklist, based on what you feel will help!

Ask yourself:

Why do these emotions come up? Past experiences, people around you, lack of avenues to feel fulfilled…

What exactly do you struggle with, and why? Can't draw boundaries due to fear of being left out, or difficulty calming down after seeing harsh comments…

How might your journey be different from the people you see online?

Figure out:

Can you identify people you trust, with whom you can discuss your internet experiences?

What helps you the most when you are upset, angry or anxious?

What kind of experience would you like to have on social media, and how can you create that for yourself?
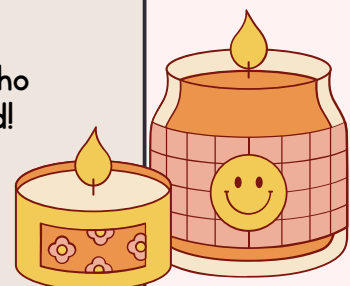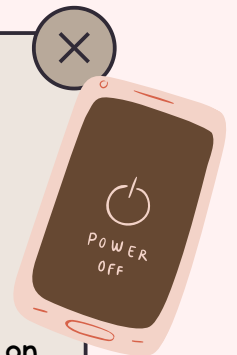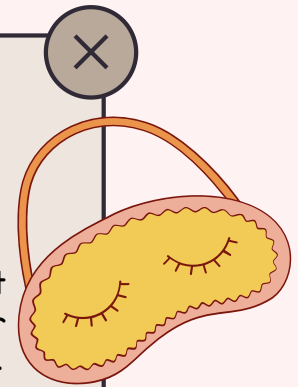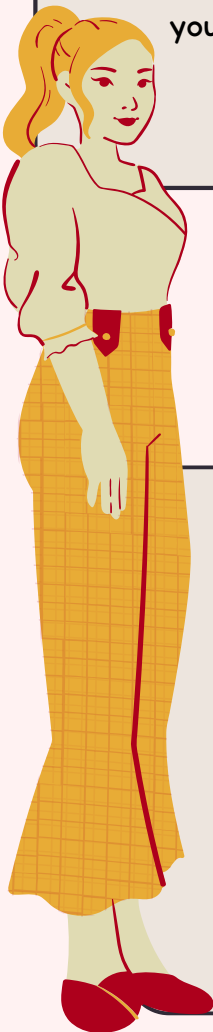
Try:

Spending some time doing the things you love – especially anything that slows you down!

Speaking to a friend, counselor or an adult who understands you if you are really overwhelmed!

Using social media settings to strengthen your privacy, safety and well-being.

Instead of comparing yourself with others, understand that your journey is unique.

POWER OFF

WHAT CAN I DO ABOUT THEM?

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If your online experience has become stressful or deflating because of other people's actions, you may feel like there is nothing you can do… but that's not true! We may not be able to control others if they are being harsh or mean, but we can protect ourselves from being affected by them!
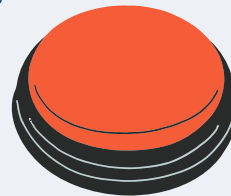
PRESS ANY OF THESE MENTAL WELL-BEING BUZZERS IN DISTRESS!
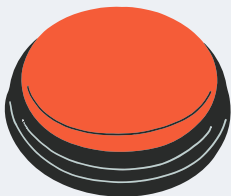
DELETE OR REPORT COMMENTS
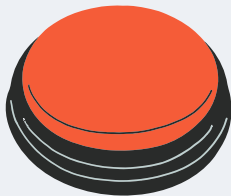
Long-tap on any comment till you see the option!

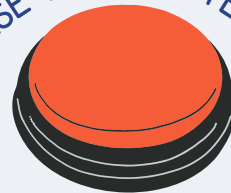**UNFOLLOW PEOPLE WHOSE POSTS HARM YOU**

Visit the profile, click on 'Following' and unfollow.

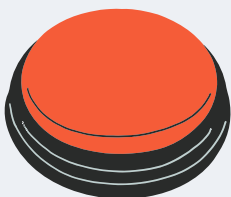**USE LOGIC AND HUMOUR TO DEFUSE!**

Respond quickly and calmly, rather than lashing out or prolonging the conversation.
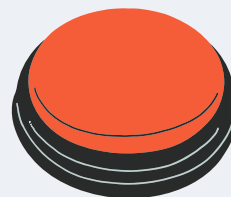
USE WORD FILTERS

Check settings to see if you can hide certain words from the comments section!

PAUSE AND REFLECT, DON'T ENGAGE TROLLS!

Sometimes, trolls thrive on attention… ignore them and move on!

REMOVE, RESTRICT OR BLOCK UNKIND PEOPLE

Tap on the three dots at the top-right of any profile.