Self Image & Social Media

Self-image is basically how you view and feel about yourself. It is commonly defined as the mental picture we have of ourselves.

As humans, we are wired to intentionally or unintentionally compare ourselves to others, and with the world becoming more digital, social media is impacting the extent to which we do this.

> **RESEARCH HAS PROVEN THAT THE MORE TIME PEOPLE SPEND ONLINE, SPECIFICALLY ON SOCIAL MEDIA PLATFORMS, THE MORE THEY COMPARE THEMSELVES TO OTHERS.**

Since people mainly post flattering pictures, their positive experiences, extraordinary skills, and admirable achievements, the impact of social comparison in this context lowers self-esteem and causes higher social anxiety.

It's important to stay focused and be wise. Not everything you see online reflects reality and allowing social comparison to distort your self-image will have harmful effects on your physical and mental wellbeing.

HERE ARE SOME TIPS TO PROTECT YOURSELF FROM THE HARMS OF SOCIAL COMPARISON:

- Be kind to yourself and believe in the things you can do
- Challenge your unkind thoughts and recognize your feelings
- Focus on your health, sleep well, eat well, and stay active
- Avoid accounts or pages that trigger negative emotions
- Be proud of yourself and celebrate your successes, no matter how small
- Spend time with people who channel positive thoughts
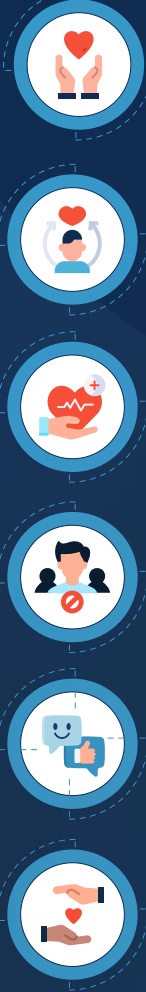
- Understand that people look different; they come in all shapes, sizes, and colors
- Talk to someone you trust about your feelings
- Educate yourself on the importance of developing self-confidence
- Pictures and videos can be manipulated to be more flattering via editing apps
- Media in general has highly unrealistic standards when it comes to physical appearance
- Excessive exercise and dieting will only harm your health and cause serious outcomes

NEVER HESITATE TO ASK FOR PROFESSIONAL HELP IF YOU FEEL LIKE YOUR MENTAL HEALTH IS COMPROMISED OR YOU ARE DEVELOPING AN EATING DISORDER.