

## Social Media

[Social media](#) can offer opportunities for connection and belonging. On the other hand, social media use has also been associated with negative mental health outcomes. A [key factor](#) in this relationship is people's tendency to engage in [social comparison](#)—determining our self-worth by assessing how we compare to others.

Social comparison is hard to avoid, especially when faced with social media, but there are ways to mitigate its effects. Here are some [strategies](#):

- **Take social media breaks for hours, days, or weeks:** Social media breaks have been linked to increased [wellbeing and sleep quality](#).
- **Set boundaries:** Thinking about what on social media makes bad feelings arise and blocking or muting content from accounts can be helpful.
- **Check thoughts:** Notice when you are comparing yourself to others and remember that what people post on social media is not a full picture of their lives.
- **Pay attention to mood:** People with depression may be particularly [susceptible](#) to social comparison on social media and its negative emotional consequences.
- **Connect face-to-face:** Connecting with others on social media isn't a replacement for [in-person interaction](#).

Setting a screen time limit for social media apps can be helpful. Here are links for tutorials to do so for [iPhone](#) and [Android](#).