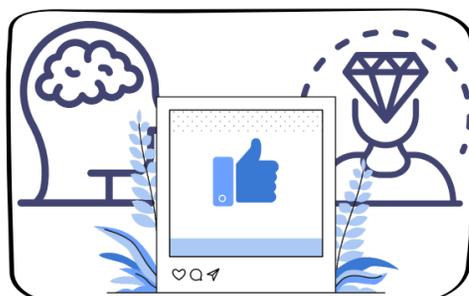
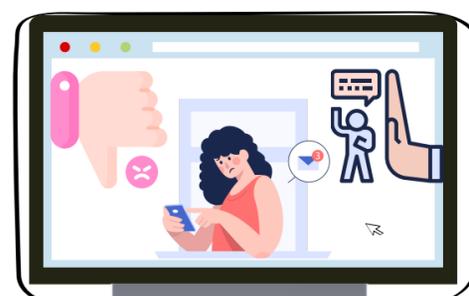




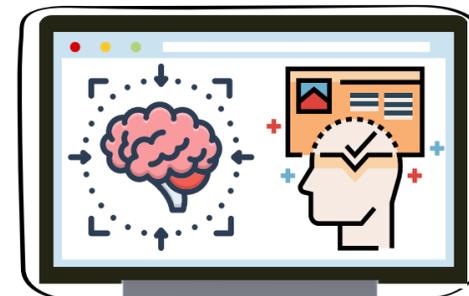
* Social networks allow users to explore the lives of friends, acquaintances, and even strangers.



* Users of social networking forums can paint a distorted picture of their lives by, for example, presenting only a positive perspective through idealized images and optimistic status updates to create their online self-image.



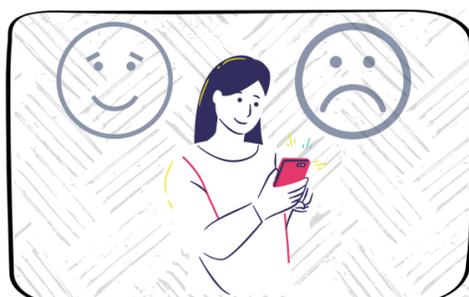
* This type of sharing can lead to social comparison and fear of missing out on rewarding experiences (FOMO), resulting in feelings of dissatisfaction with one's life, social envy, and exclusion.



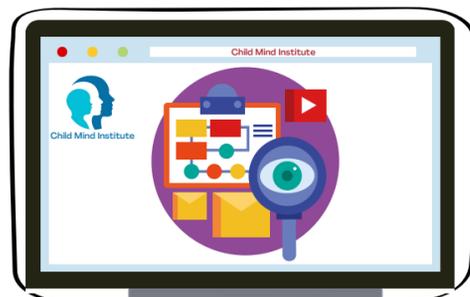
* Mindful attention and awareness means the self-regulation of attention and orientation to one's present experience. Mindfulness-based interventions encompass three essential axioms: (a) attention, (b) intention, and (c) attitude.



Check in with yourself

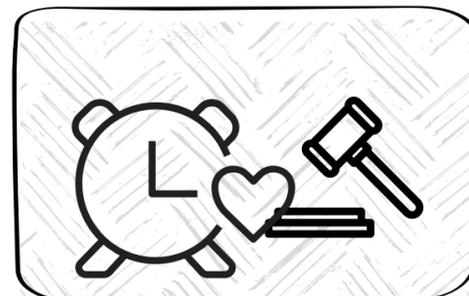


* Work on being more self-aware and prioritizing how you feel and what you think when you're using social media.

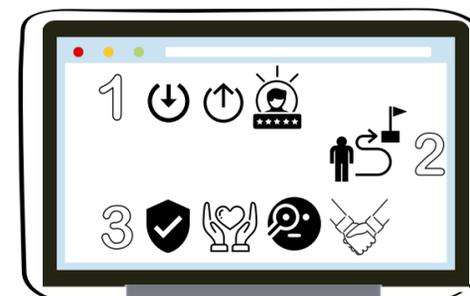


* There are some recommends to practice mindfulness strategies to make time spent online (and offline) happier, introduced by the Child Mind institute

What is mindfulness?



* It is a technique for living in the moment and without judgment. It helps you become more aware of what is happening around you and how you feel.



* First, attention involves noticing one's present internal and external experience. Next, intention establishes the purpose or the "why" of one's actions. Finally, attitude involves being nonjudgmental, accepting, trusting, patient, nonstriving, curious, and kind.



Go offline

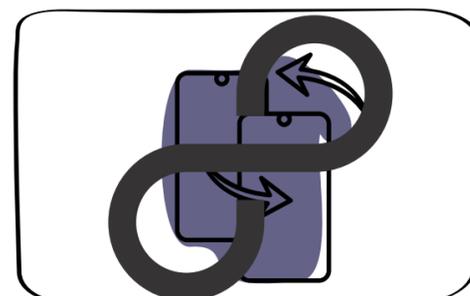


* The best way to get a little perspective is to take occasional breaks from social media.



* Gathering data on how you use technology and how technology affects you will help you notice patterns and, if necessary, develop better habits.

Use technology



* Using technology to track technology is another strategy.



* Taking the time to notice — and value — how you are feeling is an important skill that will make you happier and more confident in all areas of your life, not just when you're online.

