



The majority of US college students spend hours each day on social media platforms, which can impact mental health and overall well-being. These are some tips to use social media in a healthy, positive way!

Support A Healthy Online Community

“Before you COMMENT, let your words pass through three gates:

At the first gate, ask yourself “Is it true?”

At the second gate ask, “Is it necessary?”

At the third gate ask, “Is it kind?”

As inspired by a quote from Rumi, a 13th-century Persian poet.

Live in the Moment

When engaging in a fun activity, like going on vacation, post what brings you happiness rather than considering how others might perceive it. Who cares if your scenery or food or outfit is worthy of social media? A good practice during vacation is to chuck your phone to the side and truly enjoy where you are and who is around you.

Link Instead of Compare

Comparing yourself to other people can make you unhappy in the long run, whereas making genuine connections with others can enhance your overall well-being. If you are on social media for a few minutes, mindfully ask yourself, “Am I comparing? Or linking?” Take a moment to do something that links you - reach out to an old friend or elder relative and send them something to brighten their day.

Follow People and Things that Bring You Joy

A lot of social media content is highly curated and may represent lifestyles and attitudes that don't exist. To account for this, consider limiting the number of people you follow on social media. This could mean only following those who are close to you, make you feel good, and will be there when you need them.



Keep Things IRL (In Real Life)

If social media is causing you any stress, consider deleting apps such as Facebook and Instagram from your phone so that you don't have easy access to them. Prioritize time with friends and family over time spent on social media.

Start Your Day Intentionally

As easy as it is to pick up your phone and start scrolling from your bed, it may not be the healthiest way to begin your day as you cannot control what you're going to see. Seeing something negative could potentially contribute negative subconscious thoughts that put one at risk for unhealthy patterns according to research conducted by Dr. Marcus Raichle at Washington University in St. Louis. Try starting with meditation, prayer, stretching, or positive affirmations instead. These alternatives are likely to support a healthier internal monologue.

Make Events Accessible

If you're planning an event, be sure there are other ways for people to RSVP who aren't on Facebook or other social media platforms.

Take A Break and Support Others in Doing So

If a friend is struggling with social media overuse and wants to take a break from it or use blocking apps, support them and don't make fun of them. Join them in the break if possible.

Don't Struggle Alone

If you are experiencing anxiety, depression, attention problems, or any other deeper issue related to social media overuse, make an appointment to talk with someone who can help you feel better again. MIT offers an array of peer, group, and counseling services. Visit resources.mit.edu/support to learn more.