



TRAINING NETWORK

SOCIAL MEDIA AND WELLBEING

Social media can connect, inspire and entertain.
But it can also impact how we feel about
ourselves and the world around us.
You have the power to make it work for you!

TEEN RESOURCE



★ THE GOOD

Social media can:

- Keep you connected
- Help you learn new things
- Give you a space to be creative
- Raise awareness and inspire
- Offer support and communities



Remember: Use social media in a way that adds value to your life.

! THE CHALLENGES

Social media can sometimes:

- Affect your self-esteem
- Cause comparison and FOMO
- Increase stress or anxiety
- Disrupt sleep and focus
- Expose you to negativity
- Lead to oversharing or pressure

Remember: You are more than what you see online.

👍 HEALTHY SOCIAL MEDIA HABITS

- Be intentional with your time online
- Follow accounts that uplift and inspire
- Take breaks and go screen-free
- Think before you post
- Protect your privacy
- Focus on real-life connections

Remember: Small changes can make a BIG difference.



CHECK-IN: HOW DOES SOCIAL MEDIA AFFECT YOU?

Rate how often you feel this way because of social media.

- Rarely (Never)
- Sometimes (Occasionally)
- Often (Quite a bit)
- Always (Very often)



I compare myself to others.

1 2 3 4



I feel anxious or stressed after scrolling.

1 2 3 4



I feel less confident about myself.

1 2 3 4



It affects my sleep or makes me tired.

1 2 3 4



It distracts me from things that matter.

1 2 3 4

IF YOU'RE STRUGGLING

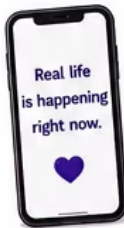
It's OK to take a break.
You're not alone.

- Talk to someone you trust
- Take a social media break
- Focus on what makes you feel good offline
- Remember: This feeling won't last forever
- Remember: It's a sign of strength to ask for help.

📱 DO A DIGITAL DETOX

Step away to reset and recharge.
Try a digital detox challenge!

- 1 HOUR
No social media
- 1 DAY
No social media
- 1 WEEKEND
No social media
- 1 WEEK
No social media



Less scrolling = more living!

📷 BUILD A POSITIVE FEED

Curate your feed to support your wellbeing.

Unfollow or mute accounts that:

- Make you feel bad about yourself
- Share negativity or drama
- Trigger comparison

Follow more accounts that:

- Inspire you
- Make you laugh
- Teach you something new
- Promote body positivity and kindness



Remember: You get to choose what you see.

⚖️ BALANCE IS KEY

Social media is just one part of life.
Make time for the things that feed your mind, body and soul.



Friends & family



Hobbies & interests



Exercise & movement



Nature



Reading



Rest & relaxation

Balance online time with real-life time.
You deserve both.

📅 30-DAY SCREEN TIME CHALLENGE

Set a goal and track your progress.

My daily screen time goal: _____ hours

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

Small steps every day lead to big change!



💬 THOUGHT CHECK

When a negative thought pops up, challenge it!

NEGATIVE THOUGHT

No one likes my post.

Everyone has a better life.

I'm not good enough.

POSITIVE ALTERNATIVE

My value isn't based on likes.

I see a highlight reel, not the whole story.

I'm learning and growing every day.

Your thoughts aren't always facts!

✅ WHAT CAN I CONTROL?

Focus on what you can control, let go of what you can't.

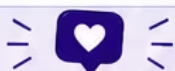
I CAN CONTROL

- My time online
- Who I follow
- What I post
- My reactions
- My attitude
- Asking for help

I CAN'T CONTROL

- What others post
- Other people's opinions
- Likes or comments
- What others think
- The past

Focus on you. That's where change begins.



BE MINDFUL. BE KIND. BE YOU.
Use social media, don't let it use you.



LEARN • GROW • THRIVE

Email: g@hhtrainingnetwork.com

Helping children, teens and families build
a healthier, happier future.

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