



Your Guide to Social Media





This booklet is about social media usage. These strategies can be used in college and beyond to establish media usage skills and increase wellbeing.

Media consumption can be improved with knowledge, practice, and intention. Check off the challenges at the end of this booklet that you try!

This booklet is brought to you by LiveWell's Peer Health Educators.

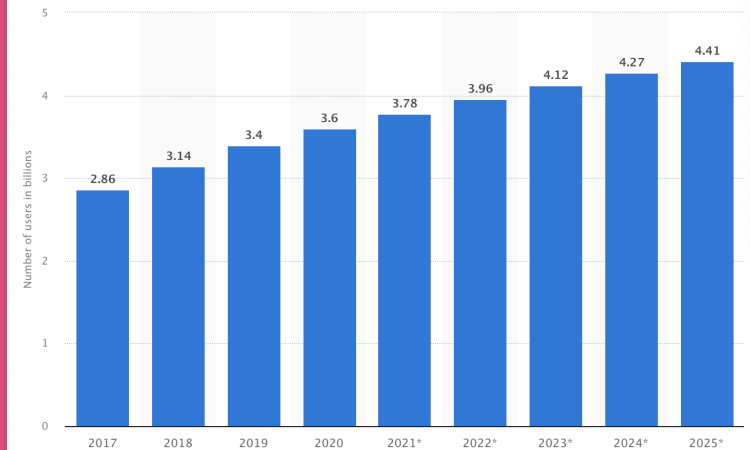


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uwlivewell Media consumption is the information taken in through various forms of communication or media. The number of people using social media has risen over the last decade and is expected to continue to rise. In this booklet, we'll explore strategies to consume media in a healthy manner.

QOTD: Take a moment to reflect on your media usage...
What platforms do you use for media consumption?
How much time do you spend on different platforms?

Think about the last time you spent over 2 hours on social media. Think about the last time you spent over 2 hours with family and friends. What made each one meaningful?

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The Benefits Of Media Consumption

While there are concerns about mental and physical health that come along with high usage such as, increased feelings of anxiety and depression due to the comparison of yourself to others and eye strain due to the blue light emitted from devices that display media, there are also benefits of media consumption that should not be overlooked!

Benefits Include:

- Connection with those in different locations around the world or those of different lived experiences or perspectives
- Learning and new discoveries
- Greater audiences for sharing your own opinions or work
- The distribution and consumption of art in forms of digital media, music, film, and more is more easily spread

Reflection Questions

- When was the last time you learned something new due to your time spent on social media?
- How has social media benefited you?





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1 h · Seattle, WA ·

With cold winter months and extended times in isolation, the lack of social interaction we get from the outside, we make up for with increased social media engagement inside. To cope with stress, we turn to social media for support. When we feel lost, we browse health related info or relax by venting to online communities. Now we find ourselves in a 21st century infodemic.

#Misinformation #Disinformation #Bias #Infodemic



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2 comments



Dubs_the_Husky

An infodemic? That's RUFF! But I'm sure I have nothing to worry about since I know none of the media I use has falsehoods.



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PAWS right there @Dubs_the_Husky! All social media contains bias, which is the unfair prejudice in favor of or against one thing, person, or group and can help misinformation spread more easily. Check out this cool website to see where your favorite sources fall on the bias spectrum: adfontesmedia.com/interactive-media-bias-chart



UWStudent

What's an Infodemic?



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Glad you asked @UWStudent! An infodemic is:
-The massive spread of misinformation and disinformation
-Misinformation on Facebook gets 6 times more attention and interaction than factual posts!



UDubProf

What is the difference between misinformation and disinformation?



UWLivewell

Hey @UDubProf Great question!
Misinformation: Unintentional spread of incorrect information
Disinformation: Deliberate spread of misinformation that is used to deceive/ mislead others



Dubs_the_Husky

Hot diggity dog! Well, what can I do to increase my awareness while using social media?



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You can practice media literacy! Essentially, this means consuming less media, but more accurately. Go to page 9 to find out some strategies you can use to cultivate this skill.



Research shows that social media use can lower users self-esteem ...



Posts tend to show the highlights, not the average day of a person. ...



Be aware: when online, objects in a mirror may not be what they appear. ...



Altering your social media habits can reduce these negative effects. ...

Tips On How To Use Social Media

Here are some steps you can take if you notice social media is having a negative effect on your self-esteem.

Unfollow accounts that post things that negatively affect your self-esteem

Pay attention to how you feel next time you use social media. If you notice posts from certain accounts making you feel bad about yourself, simply unfollow or block the accounts so you don't see those posts anymore.

Follow more accounts that post body positive content

Increasing the number of posts in your feed that make you feel better about yourself and your body can both increase the enjoyment you get from social media and can help counteract the negative effects on your self-esteem.

Try to avoid comparing yourself to the posts you see on social media

Photo editing and filters can lead to unrealistic body standards.

Take a break from social media

If one social media app has a large impact on your self-esteem after using it, try uninstalling it for a week. If a week feels too long, start with 30 minutes per day and slowly build your way up.



Check As You Go!

□ Keep track of how many hours you spend on social media for the next three days, and reflect on how the results compare to what you expected.

□ Blue light from digital displays affects our quality of sleep. Try spending two hours before bed off of all screens.

□ Choose a subject that you're interested in. Compare and contrast information in three different sources on the subject. This can help you recognize misinformation more easily.

□ Set a 30 minute limit on social media for a day. Jot down what you spent the time doing instead.

□ The next time you spend time with friends or family, ask everyone to keep their devices put away or turned off.

□ Write yourself a letter of compassion from the perspective of someone who loves and supports you unconditionally. Consider what that person would tell you when you're facing challenges. This can help nurture your self-esteem and persevere through obstacles.

Resources

Get tips and information on a spectrum of health and wellness topics from our FREE weekly E-magazine, Healthy Huskies, at livewellhuskies.com.

Make a peer wellness coaching appointment with our Peer Wellness Coaches via the LiveWell website to discuss self-image/worth, social media/news stress, and media management skills in a peer one-on-one.

Visit livewell.uw.edu to learn more about our other FREE services for students:

Survivor Support and Advocacy - Confidential Advocacy is a safe and confidential place for UW students to receive support and advocacy after an incident of sexual assault, relationship violence, stalking, or sexual harassment.

Student Care Coordinators support students who may be struggling and in need of multiple resources. Examples include housing and/or food insecurity, death or serious illness in the family, navigating University processes and departments, including Financial Aid, Student Fiscal Services, Residential Life, Registrar's Office and others, connections to on- and off- campus resources like Disability Resources for Students and counseling.

References

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