



# THE ZEN GUIDE TO SOCIAL MEDIA MINDFULNESS



## TALK TO YOUR FRIENDS AND COWORKERS

Even though social media can provide support remember to lean on your in-person network too.



## SET TIME LIMITS

Keep track of how long you're spending online, so you don't end up checking your accounts continuously throughout the day.



## KNOW WHEN TO TAKE A BREAK

Some symptoms linked to excessive screen time include sore eyes, trouble sleeping or headaches.



## DON'T COMPARE LIVES

Keep in mind that people share selectively - understand a post is just a snapshot and rarely captures all the aspects of someone's life.



## ABOVE ALL - BE PRESENT

Be aware of how you feel while using social media - it can help you use it more mindfully. If it's not making you happy, sign off and focus on the greatness happening right in front of you.