



Mindful use of social media and the news

7 tips to form healthier digital habits

Social media and news can help you stay connected and informed. But all that information can also be overwhelming, and it can disrupt your day. For your mental and emotional well-being, try the following.

1. **Know your goal.** You may want to use social media to stay up to date on events in your community. If so, use it only for that.
2. **Notice your emotions.** When you're aware of how news and social media affect you, you can decide if you need to make changes.
3. **Engage rather than compare.** Remember that people usually post about the shiny parts of their lives, not the struggles.
4. **Use tools and settings for more control.** Turn off news alerts so you can get information you want when you're ready for it.
5. **Track your time** spent using social media or reading news (with an app or manually). If you don't like how those minutes add up, think about how you'd rather use that time.
6. **Follow the feel-good stuff.** The news can be heavy. Try social media accounts or groups that focus on your interests or things that make you laugh.
7. **Set a time to step away.** Close your apps and turn off the TV. Read a book, get outside, work on a puzzle, or call a friend.



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