



Navigating Social Media Mindfully

May 7, 2025

Presented By |
HealthCheck360



Agenda

Social media background

Building a positive relationship with social media



History of Social Media

1997 - First site launched

Now – 5 billion users

Goal – bringing people together

But...

- 58% of American adults who use social media feel it harms their mental health
- 71% think it's important to take breaks from social media

<https://electroi.com/stats/social-media-mental-health-statistics/>



When the phone was tied to the wall with a wire...

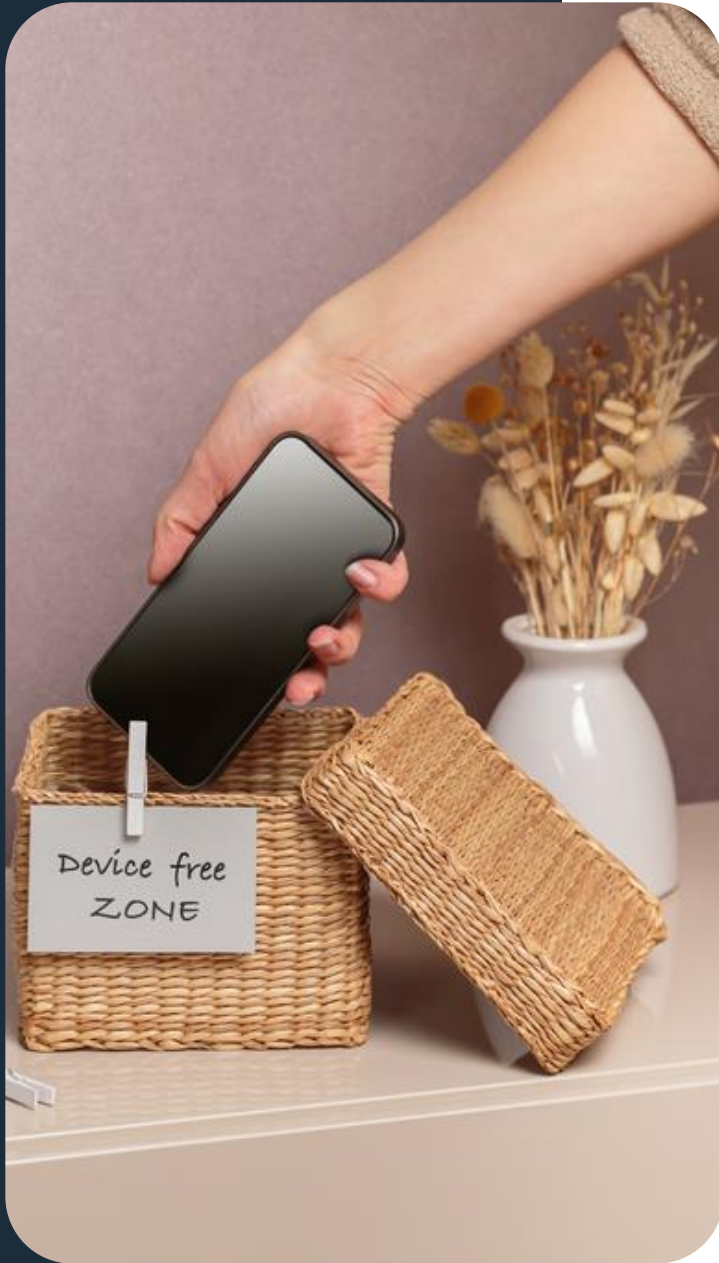
Humans were free.

Improving your relationship with social media

Awareness

- Which apps do you have?
 - Which ones do you need?
 - What is their purpose? Is it positive?
- How much screen time do you have?
 - Track your usage





Improving your relationship with social media

Set Boundaries

- Use phone limits
- Turn off notifications
- Take apps off your phone
 - Remove auto-saved passwords
- Put your phone in another room
 - Use an actual alarm clock
- Designate no social media timeframes
- Have a "no phone zone"
- Do a social media detox/fast





Improving your relationship with social media

What could you be doing instead?

- Exercise, sleep, stress management, meal prep, spending time with a loved one, helping others

Intention

- Are you actively choosing to be there?
- Are you following people that have a positive impact on your life?
 - Pay attention to your emotions
- Are you comparing?

Find a network



Improving your relationship with social media

Consuming news

- Informed vs. overconsumption
- Be aware of the source and intention
- Think before you comment





Summary

Social media is not bad, but how we use it can be destructive

Reflect on how you use it

Create goals and set boundaries

- **Touch Grass App**
- **<https://www.happierhuman.com/inspirational-apps/>**



Upcoming Webinars

Easy Ways to Eat More Veggies

It's no secret vegetables provide major nutritional value, but eating enough veggies can be challenging. Tune in for practical tips to add more veggies to your plate.



June 4

Maximize your Workout

Exercising doesn't have to be time consuming. Find out how to get the most out of your workout in the shortest amount of time.



July 2

Lifestyle Rewards



1. **True or False: The majority of American adults think it's important to take a break from social media.**
 - a) True
 - b) False
 2. **What was one tip mentioned with setting boundaries with your social media?**
 - a) Turn on notifications
 - b) Have a "no phone zone"
 3. **What is a strategy mentioned for new consumption**
 - a) Comment on everything
 - b) Be aware of sources
- * If your company has elected questions for lifestyle rewards, it will be noted when you submit on your account.**



Get in Touch

Social Media

- www.facebook.com/healthcheck360
- www.healthcheck360.com/blog
- www.instagram.com/healthcheck360/
- @HealthCheck360 or #HealthCheck360

Watch past webinars and register for upcoming

- www.healthcheck360.com/blog

Contact a Health Coach

- 1-866-511-0360 or healthcoach@healthcheck360.com



Questions?

