

# SOCIAL MEDIA TIPS & TRICKS



**Control** who can see your posts. Do you want them displayed for your friends or the public?

Be careful of who you add on Facebook. You have the option to **accept** or **ignore** a request. You can also block someone that is bothering you.

**Like** pages that interest you in order to receive updates and interesting content on your timeline.

Who do you want to post on your **timeline**? You have the option to allow only **specific people** on your friends list to post on your timeline?



Find **pages** that **interest you** to follow. Are you a football fan? Search for "football" sites and follow them.

Use **Hashtags (#)** in your posts - this allows other users with similar interests to find your posts. It can also help you in your search, such as **#sunsets**

If you set your profile to be **private**, users won't be able to find your posts through a hashtag search.

Be mindful of the **filters** and apps you use to enhance the quality of your appearance.

Be Yourself!



Be prepared to **unfollow** or **block** anyone you find triggering or hurtful.

Twitter can sometimes make you feel "alone in a crowd" if no one answers—so join in a tweet conversation such as: **#BanaFilterFree**

Follow someone you **trust**, then browse their "following" list in order to find some recommendations.

Misunderstandings might occur on Twitter due to the short messages, so always ask for **clarification** if you are worried.

*"82% of women feel the beauty standards set by social media are unrealistic"*

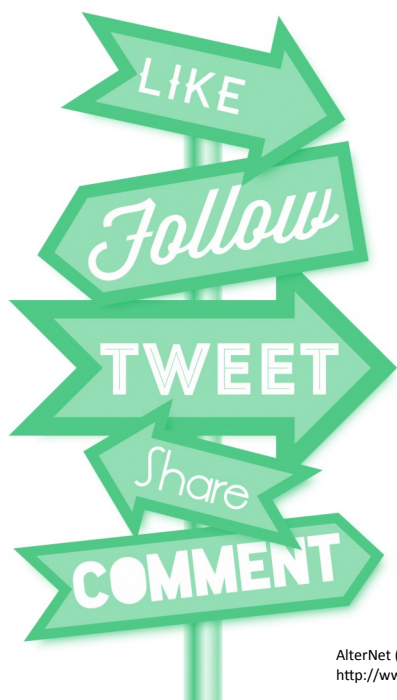
- Dove Canada

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When we look to social media, we end up comparing ourselves to what we see which can lower our self-esteem. On social media, everyone's life looks perfect but you're only seeing a snapshot of reality. We can be whoever we want to be in social media and if we take what we see literally then it's possible that we can feel we are falling short in life.

- 1) Social media disrupts your real-world thoughts and interactions
- 2) Social media affects your mood
- 3) Real-life interactions are difficult and being alone is uncomfortable
- 4) You find yourself envious about what others are promoting
- 5) You relish in others' misfortune
- 6) You measure your success by others
- 7) You're addicted to the attention and drama



## Need a solution?

Start monitoring your usage

Remove or block specific people or content that makes you feel negative about yourself

Focus on live person-to-person contact

Be present

AlterNet (2014). 7 Telltale Signs Social Media Is Killing Your Self-Esteem.  
<http://www.alternet.org/personal-health/7-telltale-signs-social-media-killing-your-self-esteem>.

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