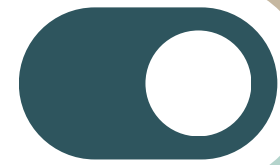
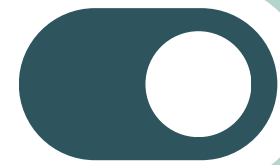


WAYS TO REDUCE SOCIAL MEDIA COMPARISON

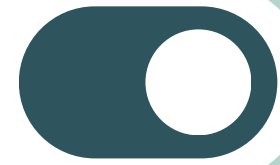
1. Identify your **strengths** and what makes you **unique**.



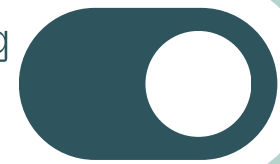
2. **Compare you to you.** Reflect on how far you have come.



3. **Get inspired.** Identify what it is they are doing that you want to work towards.



4. Take a moment to remember that you are not getting the full picture. **Social media is a highlight reel.**



5. Set boundaries with social media use. **Take breaks** and cap scroll time by setting a limit on your phone.

