

PROTECTING YOURSELF AND OTHERS FROM SOMED-20

(Social Media in 2020)

We are all taking precautions to protect our *physical* health from Covid-19, but it is just as important for us to protect our *mental* health from Somed-20: the avalanche of anxiety caused by the content of social media in 2020. Please read our tips below for ideas on how you can protect yourself - and others - from that psychological threat.



Just don't look

It may sound simple but it is powerful: don't look at social media unless it is a time that is truly helpful or necessary for you to actively think about Covid-19.

It is currently an unavoidable topic online and each time you encounter the information your brain experiences the *repetition* as an *escalation*, triggering higher levels of anxiety even if nothing has actually changed. Don't look unless you are in a time, place and headspace to handle it.



Do not disturb

Ensure your daily routine has consistent windows of time without social media. Try giving yourself 90 screen-free minutes before bed to 'wind down'. Try to also allow a period of time each morning to adjust positively to the day. Avoiding social media during your lunch break helps you keep your mindset positive for a productive afternoon. If your device has a 'Do Not Disturb' setting then you might like to switch it on to help you commit to disconnecting.



Be 'share aware'

Remember how your posts impact those who see your feed. Here's what you can ask yourself each time you're about to 'S.H.A.R.E':
Scary - will this needlessly add to fear?

Helpful - how does this post actually help people?

Accurate - is this information demonstrably true?

Reliable - does it come from a reliable source?

Empowering - is this positively inspiring people to act?



Clean out your contacts

Consider temporarily unfollowing or blocking friends who are sharing content that alarms you.



Say 'no' to notifications

Change your notification settings so that you have to actively CHOOSE to connect instead of responding to intrusions.



Out of reach

Put your devices out of reach - or in a different room - so you are less tempted to 'check in' out of habit.