

# NAVIGATING SOCIAL MEDIA USE DURING COVID-19

Social media can expose individuals to harmful body content. According to Vall-Roque et al. (2021), during the pandemic, there has been increased screen time and an increased number of women, in particular, following appearance-focused social media accounts on Instagram; following appearance-focused accounts could lead to negative thoughts and feelings about your body as well as an increased risk for eating disorder behaviours.

How can you buffer against the harmful affects of social media use during the pandemic?

FOLLOW BODY POSITIVE ACCOUNTS ON SOCIAL MEDIA THAT SHOW DIVERSE BODIES AND AVOID FOLLOWING THINSPIRATION ACCOUNTS. SEEING DIVERSE BODIES IN ONE'S SOCIAL MEDIA FEED CAN ACT AS A BUFFER AGAINST SEEING NEGATIVE BODY CONTENT.

FOR EXAMPLE, ON INSTAGRAM, **I\_WEIGH**, **BEAUTY\_REDEFINED**, OR **LIZZOBEEATING** PROMOTE BODY INCLUSIVITY AND RESILIENCE.



“VIEWING WEIGHT STIGMATIZING CONTENT... ACTIVATES ACUTE PSYCHOLOGICAL AND PHYSIOLOGICAL STRESS THAT CUMULATIVELY DIMINISHES PHYSICAL AND MENTAL HEALTH OVER TIME” (LUCIBELLO ET AL., 2021)



LIMIT SOCIAL MEDIA USE OR ENGAGE IN A SOCIAL MEDIA CLEANSE FROM TIME TO TIME, ESPECIALLY IF IT IS CAUSING EMOTIONAL DISTRESS OR NEGATIVE THOUGHTS ABOUT YOUR BODY. DELETE OR LOCK ALL SOCIAL MEDIA APPS FOR A FEW HOURS OR A FEW DAYS. EVEN IF YOU DO NOT THINK YOU NEED A SOCIAL MEDIA CLEANSE, IT CAN ALLOW YOU TO REALIZE HOW APPEARANCE-FOCUSED SOCIAL MEDIA IS AND HOW PREVALENT DIET CULTURE IS ON SOCIAL MEDIA. IT CAN BE HARD TO TELL WHEN YOU ARE IMMERSSED IN IT.



#### Information Sources:

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