Thrive wellbeing
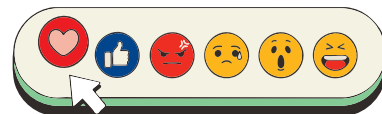
NHS
University Hospitals Dorset
NHS Foundation Trust

Protecting your wellbeing online

Social media can help us connect, share our interests, stay up-to-date and get support. But it isn't always a positive space. Incorrect information, distressing content and unrealistic representations of life can affect our self-esteem, give us anxiety and impact our mood. Spending too much time online can disrupt our sleeping patterns and take us away from our lives offline. The NHS is also a big talking point online and reading negative comments can be upsetting.
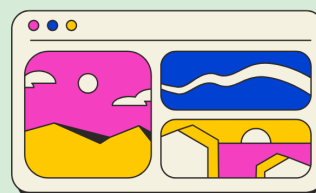
Here are some tips and advice to help you protect your wellbeing on social media:
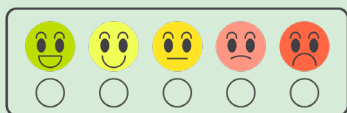
Check your mood. How are you feeling? Will social media make you feel better or worse?

Have a positive purpose. Try to find information, inspiration and connection. Avoid doomscrolling or comparing yourself to others.

Curate your feed. Follow accounts that inspire you and make you feel good. Unfollow accounts that make you feel bad.

Think before you post. Would you say it in person? Only share positive content and messages. Try not to engage in arguments. Remember what you say can be read by everyone. Be kind.

Create a community. Check your privacy settings. Make sure your followers are people you trust. Block accounts you don't know and ones with negative content.

Take regular breaks. Turn off push notifications and set time limits. Spend time away from your phone doing things you enjoy.

Click each image for more tips, advice and support:

shout
85258
here for you 24/7

mind

Click here for urgent support if you or a colleague are feeling distressed, despairing or suicidal.