



Social Media



Mind Trotters
WE ARE AN ESSENTIAL PIECE



Do's and Don'ts

Who doesn't have multiple social media accounts these days? Despite how hard you try, you can't seem to resist scrolling down the pages. Instead of banning social media completely, let's practise these do's and don'ts to keep ourselves in check.

Place the following phrases in the do's and don'ts columns.



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| ● Find communities you connect with | ● Limit time spent on social media sites | ● Scroll mindlessly for lengthy periods |
| ● Overwhelm yourself with content | ● Set a purpose for each app and site | ● Compare yourself to what you see |
| ● Get caught up with likes and followers | ● Follow accounts that serve purposes | |