

8 Ways to Care for Yourself in a Digital World

Technology can influence how you feel about yourself. Building healthy habits, strong relationships, and taking breaks can help your mental health and self-esteem.

1 What you see may not be real
Photos, videos, and posts can be edited, made-up, or only show the best moments.



2 Take breaks
If being online makes you feel stressed, upset, or left out, step away.



5 Don't compare
Everyone is good at different things. Someone else's strengths don't make yours any less important.



6 Choose positive content
Follow people and accounts that make you feel inspired, informed, and happy.



7 Make time for offline activities
Hobbies, sports, being creative, and going outside can make you happier and more confident.



8 Talk to someone
If something online makes you anxious or sad, tell a trusted adult. You don't have to deal with it alone.



3 Spend time with real people

Friends, family and community help you feel connected.



4 Be kind to yourself

Focus on learning, growing, and doing your best instead of trying to be perfect.



Start a family conversation:

- What are three things you like about yourself that have nothing to do with technology?
- What activities make you feel happy, confident, or relaxed?
- Who are the people in your life who help you feel supported and valued?