

Social Media and comparison.

What can you do?



Unfollow...

If you follow someone who's posts make you feel bad, unfollow or mute them!



Follow...

People and accounts that make you feel good!

For example; artists, musicians, poets, sports players, mental health and body confidence advocates, etc.



Remember...

Perfect pictures make people seem flawless. No one is flawless all of the time, and no one should be.

Our differences are what make us special.

