



## SOCIAL MEDIA: WAYS TO STAY HEALTHY

[Video link](#)

What are ways that social media has influenced your mood?

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How can you use social media in ways that make you feel good?

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How can you think critically when scrolling social media?

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What are some activities you can participate in when you take breaks from social media?

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When you use social media, what are some things you can do to stay mentally and emotionally healthy?

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