



R: ROLE OF SOCIAL MEDIA

How do you use social media during your day and night?

What drives you to use social media?

This might look different for everyone!

Take time to think about what the role of social media is in **your** life!



E: EMOTIONAL STATE

How do you **feel** during and right after using social media?

Notice when this shifts is or is not helpful.

Think about what you can change to make it helpful.



C: CHALLENGES

What **challenges** do you experience while on social media?

Do you feel like you **can't stop** using social media at times?

Do you have **negative experience** or social interactions?



K: KNOWLEDGE

How do you **monitor your usage** or **make changes** based on how you feel?

How do you **know** when social media is not serving you well?

How can you be **intentional** with it in those moments?



S: SUPPORT

How and when does social media **support you**?

When is it useful and make you feel good?

How are you using it when it makes you feel good?

How can you maximize these experiences?