

Using it as a way to learn more about the people and the world

Following people who inspire you and make you happy

Posting pictures of moments you treasure and want to remember

Set a daily limit and disengage at times

Focusing on the number of likes or followers

Browsing when you feel lonely or inadequate

Cyber-stalking old friends or acquaintances

Comparing yourself to Instagram models or influencers

How to identify **GOOD** *and* **BAD** *social media habits*