

# SOCIAL MEDIA CLEANSE

Social media has its pros and cons. It allows us to connect with friends and family, and find communities for instances like your weight loss journey. However, it also allows us to find unrealistic images and make ourselves feel bad about the way that we look.

To leverage social media positively, we encourage you to complete a cleanse by following only accounts that support and motivate you on your weight loss journey.

To do this, complete the following steps:

**Step 1:** Evaluate your current followings:

- Go through your social media accounts and assess the accounts you are currently following. How do they make you feel, are you gaining something positive from following them? (If not... Why are you following them?)

**Step 2:** Identify positive influences:

- Identify accounts that promote diverse body positivity, self-love, and a healthy mindset. Look for content that uplifts and inspires you.

**Step 3:** Unfollow negative influences:

- Unfollow accounts that consistently share content that triggers negative feelings about your body or promotes unrealistic beauty standards.

**Step 4:** Re-evaluate mindfully:

- Be mindful of accounts that contribute to unhealthy comparisons, both with celebrities and people in your personal life.
- Consider unfollowing those that negatively impact your body image, or mute their content if unfollowing someone may cause an issue.

**Step 5:** Set boundaries:

- Establish time limits for social media usage to avoid excessive exposure to potentially harmful content. Balance your online time with offline activities.

**Step 6:** Engage in a positive and supportive way:

- Participate in communities that focus on self-love, body positivity, and mental well-being. Engage in conversations that uplift, educate and support.

**Step 7:** Regularly review & adjust your feed:

- Periodically review your social media feed to ensure it continues to align with your positive body image goals. Unfollow or mute accounts that no longer contribute positively.

**Step 8:** Follow eMed:

- For tips, advice and motivation, follow us @babylonhealthuk to keep you inspired on your journey of health and wellness.

Remember that a social media cleanse is a personal process, and it's essential to tailor it to your specific needs and preferences. Nobody needs to know who you follow, or don't, and it's okay to do what feels right for you.