

Balancing Digital Life and Self-Esteem

In a world where technology is all around us, balancing your digital life and self-esteem can seem like an uphill battle. Fortunately, there are many ways to protect your self-esteem online and improve your overall well-being.

5 Ways to Protect Your Self-Esteem Online

Prioritize your mental well-being and build your self-esteem by participating in the following 5 practices.

1

Establish unplugging times.

Limit exposure to technology and the media by setting aside time for yourself that doesn't involve your phone, tablet, laptop, etc.

2

Turn off notifications.

In your phone settings, turn off alerts or notifications from social media apps to avoid being sent numerous distractions throughout the day.

3

Delete apps from your phone.

If you're spending too much time on specific apps, consider deleting them from your home screen to remove the temptation and give yourself a break.

4

Follow the right accounts.

Pay attention to the accounts you're following and ensure they make you feel good about yourself rather than enabling unhealthy habits and self-judgment.

5

Consider a social media detox.

Social media detoxes can be as short or as long as you'd like, whether it's 2 days or 30, detoxes are great ways to unplug, gain perspective, and improve your self-esteem.

