DREXEL UNIVERSITY
Counseling Center

## 5 TIPS FOR MEDIA SELF CARE

1. **Choose and use media mindfully.** Be selective about your media use and choose media that supports your values and builds self-esteem and body confidence.
2. **Limit screen time and social networking.** Researchers studying body concern issues have found that the more time we spend in the media world, the more we are exposed to body perfect images, and the more vulnerable we are to compare our appearance to unrealistic body standards. Protect your self-image by monitoring the quantity and quality of your mainstream and social media time.
3. **Test the message for body positivity.** Use media literacy strategies to think critically about messages you consume and content you create on social media. Test for body positivity by asking key questions: Are the body depictions realistic or digitally altered? What does the message really mean? Why are they sending it? How might it affect someone's body acceptance? Who created and profits from the message? Before you text, tweet, post comments, and share photos and videos, ask yourself why you are sending the message, who you want to reach, and analyze its body positivity.
4. **Talk back to media about body image.** Tell people who profit from media and establish policies what you like and don't like about their body representations, why you feel this way, and what you plan to do about it — take a stand and refuse to read, view or listen to media or buy advertised products until they make changes.
5. **Advocate for positive body talk.** Use your social media capital to inspire others to use their voices to compliment authentic and diverse body messages, criticize unrealistic body ideals, and report body shaming. Shout out to media outlets, retailers, advertisers, and celebrity product endorsers who celebrate natural looks, healthy body size, and diverse body shapes, and call out ones that continue to promote unhealthy and artificial body norms. You can make a difference!

From NEDA, https://www.nationaleatingdisorders.org/media-eating-disorders

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