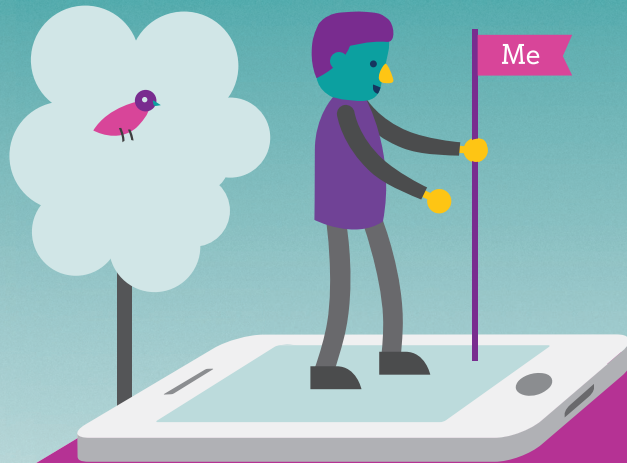# 8 tips for
Thriving in the Digital Age

Me

Avoid the pitfalls of excess social media use, with these 8 tips from psychologists on making the most of life online.

1. Check less
Constantly looking at social media increases stress and reduces productivity. Limit your checking.

2. Post positively
Angry words online hurt mental and physical health. Do your bit to build a positive environment online.

3. Be proactive
Passive social media use can contribute to stress and envy. But being an active contributor can boost your wellbeing.

4. Block the bullies
Be selective. Ensure those in your online social network enrich your life.

5. Don't compete
Be genuine on social media. Studies show those who are authentic online are less stressed and better connected.

6. Take a break
Constant access to technology creates a risk of never really clocking off. Turn off work alerts in your down time.

7. Guard your sleep
Using social media in bed can lead to sleep and wellbeing problems. Turn off screens an hour or more before bed.
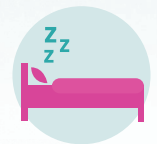
8. Connect offline
When your online world threatens to take over, put the phone away and connect face-to-face.

Learn more about the psychology behind these tips at compassforlife.org.au