

Mind Your Feeds

Social media is the way we connect with the world around us. We're social beings having a human experience, not vice versa. Social media can feel good and tap into who we truly are when we use it to work for us. When it's working against us? A disaster.

The key is to be mindful on your feeds. Follow people who inspire you and fuel you with positivity as opposed to those whose feeds amplify your negative thought voice, trigger your feelings of insecurity and force you into playing the comparison game, which is where many girlz get stuck and spiral.

Directions

Go through your Instagram feed. Choose one post that fuels you in a positive way and inspires good thoughts. That's Post 1. Now, choose another post that does the opposite. That's Post 2.

Using the list below, circle the feelings in blue that you experience after looking at Post 1. Let's do the same for Post 2. This time, circle the words in red.

Amazed	Foolish	Overwhelmed
Angry	Frustrated	Peaceful
Annoyed	Furious	Proud
Anxious	Grieved	Relieved
Ashamed	Happy	Resentful
Bitter	Hopeful	Sad
Bored	Hurt	Satisfied
Comfortable	Inadequate	Scared
Confused	Insecure	Self-conscious
Content	Inspired	Shocked
Depressed	Irritated	Silly
Determined	Jealous	Stupid
Disdainful	Joy	Suspicious
Disgusted	Lonely	Tense
Eager	Lost	Terrified
Embarrassed	Loving	Trapped
Energetic	Miserable	Uncomfortable
Envious	Motivated	Worried
Excited	Nervous	Worthless

