

## Wellness Tip

### Using Social Media to Support Your Wellbeing

Social media has become a constant companion for some of us. Being readily available 24/7 means it creeps into our lives in all sorts of ways. Rather than endless engagement, consider what kinds of parameters may be beneficial for you in terms of what platforms you use, how much time you spend on it, what devices you have it available on, and how you use it. While social media contributes to psychological distress when we spend time comparing ourselves to others, there is content out there that provides support as well. Be mindful about what you subscribe to.

Having access to feeds and channels which provide validation, encouragement and compassion can provide a bit of a wellness balm when things otherwise feel gray and cloudy in life. Two of my favorite feeds on Instagram are @itslennnie and @morganharpnichols

I am sure there are many more out there that you find helpful. Encourage yourself, peers, and loved ones to integrate supportive social media into life if its use otherwise feels empty or harmful.

Given the stressors of the world and those occurring in your own life, enjoy this video clip from my favorite blob on the internet (warning: there is one swear word).



Link: <https://www.youtube.com/watch?v=gQOwwJuajU8>

If you would like to talk with someone about your wellness, or for any other questions or concerns, feel free to contact the Medical Student Counseling Center to talk with a counselor or schedule an appointment:

[osac-mscc@uiowa.edu](mailto:osac-mscc@uiowa.edu) | 319-335-8056 | 1240 MERF

Check out the MSCC Website for past Wellness Tips:

<https://medicine.uiowa.edu/md/student-support/student-counseling/mscc-wellness-programs-and-resources>

Remember, life is really hard at times - be gentle with yourself!

**Rebecca Stinson, PhD, ABPP**

Senior Behavioral Health Clinician

Medical Student Counseling Center

Roy J. and Lucille A. Carver College of Medicine

University of Iowa

*Pronouns: she/her*