**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***Managing Social Media – Curating for Joy***

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| **Objective:** Plan how to curate social media feeds to cultivate joy. |

**Directions:** In the box below, you’ll find a brief article about how to curate your social media feeds to inspire joy. Curating your social media feed means selecting the best or most important content for yourself.

As you read, star any point you’d be willing to try, then answer the questions that follow.

**Note**: This advice is written to apply to many social media platforms rather than just one. However, different platforms have different set-ups and permissions, so you might need to figure out how to apply these ideas to each specific platform that you use.

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| **Curating Your Social Media Feed for Joy**Recall the “Goldilocks” theory of social media: the idea that there is a “just right” amount of screen time which allows people to enjoy the benefits of social media while avoiding some of the negative impacts.[[1]](#footnote-2) Part of the Goldilocks theory is the idea that the *type* of content matters as well. You can curate your social media feeds so that you are seeing content that brings you joy rather than causing you distress. Here are some tips on how to do this: 1. **Evaluate who you are following**. Look through the list of people you follow and unfollow any accounts that do not bring you joy. Consider which account types are causing you stress and try to unfollow as many of those as possible (perhaps you follow many physical fitness accounts that make you feel bad).
2. **Curate your explore page.** Pay attention to what is on your explore page. On some platforms, you can tap on the video or image and ask to see fewer posts like that one. This will help the algorithm understand what you’d like to see.
3. **Mute accounts you don’t want to see a lot of content from.** Sometimes you feel obligated to follow someone (a family member or friend). See if that platform has a “mute” option so you see less of their content.
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***Managing Social Media – Curating for Joy* (Continued)**

1. Which of these steps might be most impactful? Why?

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1. Which of these steps might be most challenging? Why?

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**Reflection Questions for *Managing Social Media – Curating for Joy***

1. How might curating the **type of content** you view on social media help increase joy/happiness for you personally?

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1. Is there any content type that comes to mind that brings you consistent joy? Any that you know causes negative feelings (anxiety, frustration, etc.)?

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| **Joy** | **Negativity** |
|  |  |

1. Are there any other tips you have for curating feeds based on your own experience?

**Apply Your Learning for *Managing Social Media – Curating for Joy***

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| **Optional Activity: Curate Your Feed****Directions:** Choose one social media platform that you use. Use some of the steps outlined in the lesson to curate that social media feed for joy. Then, answer the following questions.1. What did you do to try to curate your feed? How did it feel? Explain.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_1. What other steps might you take to curate your feed? What other platforms might you try this on?
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**Stamp Your Learning for *Managing Social Media – Curating for Joy***

1. Complete the following sentences using information from this lesson or your own experience:

Some mental health professionals recommend curating your social media feed for joy because \_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Personally, I think that curating your social media feed for joy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Therefore, I might \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Tammy Qiu, “A Psychiatrist’s Perspective on Social Media Algorithms and Mental Health.” *Stanford University, September 14, 2021. https://hai.stanford.edu/news/psychiatrists-perspective-social-media-algorithms-and-mental-health* [↑](#footnote-ref-2)