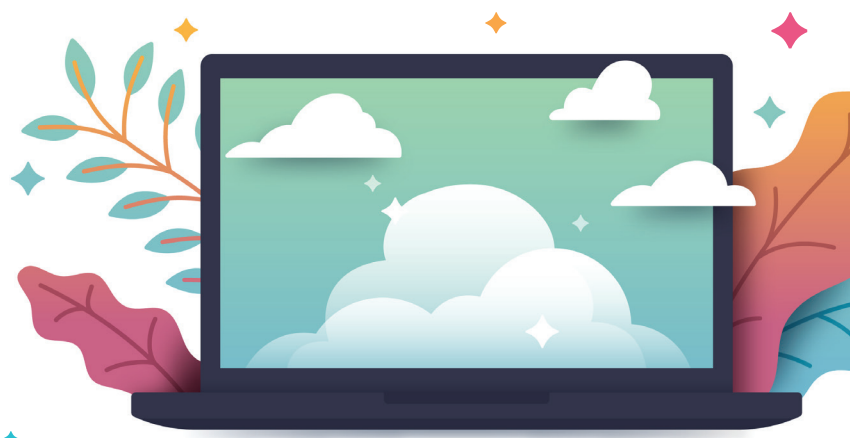


DO YOU HAVE A HEALTHY RELATIONSHIP WITH SOCIAL MEDIA?

NATIONAL EATING DISORDERS AWARENESS WEEK

February 22-28, 2021



QUESTION

Do you feel anxiety when you are not able to check your social media notifications?

YES NO

Do you feel compelled to check your notifications every morning upon waking and/or before going to sleep?

Is your phone always within arm's reach?

Do you follow accounts encouraging disordered and/or unhealthy behaviors?

When looking at the accounts of those you follow, do you feel inadequate regarding aspects of yourself and/or your life; your body image, scholastic or professional accomplishments or skill levels for activities you enjoy?

Does your time spent on social media leave little to no time for hobbies?

QUESTION

Do you frequently compare yourself to those you follow?

YES NO

Have you ever wanted to take a hiatus from social media, but found it too difficult to do?

Are you frequently preoccupied by how many followers, likes, etc. you receive?

Is social media your primary tool for avoiding situations you find stressful?

Does your feed lack diversity in body shape/size, ethnicities, genders, sexualities, etc.?

Do you follow any accounts that glorify or encourage weight loss and/or unqualified influencers who try to share nutritional advice?

SCORES

1 TO 4 "YES" CHOICES: These scores suggest that you are capable of creating healthy boundaries related to social media usage. You may find it helpful to continue setting these boundaries for yourself and following accounts that bring value and positivity to your life!

5 "YES" CHOICES: These scores suggest your social media usage may be negatively affecting your mental health and general well-being. You may find it helpful to reflect on whether the accounts you are following bring positive value to your life. We suggest you explore setting boundaries in order to create more time spent offline.

6+ "YES" CHOICES: These scores suggest your mental health and general well-being may be negatively affected significantly by the amount of time you spend on social media. You may find it helpful to try to understand your dependence on social media and explore these issues with someone whose opinion you trust and who has your well-being at heart.

**Note: This quiz can only give results based on the limited number of questions asked. It cannot account for the truthfulness of the answers, only for self-reporting of each participant. The interpretations given are for informational and educational purposes only, and do not constitute or substitute for any psychological and medical evaluations performed by a qualified professional, nor for any psychological or medical treatment. If psychological or medical evaluation and treatment are indicated, immediately consult a qualified professional.*

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