

Unplugged & Refreshed: Navigating Social Media Dependence for a Healthier You

Key Takeaways

1

The psychological and emotional drivers of social media usage



Need for social connectedness



Need for social comparison



Crave for social validation



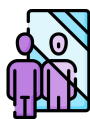
Require coping mechanisms



Require entertainment

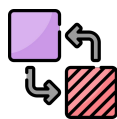
2

The 4Rs to overcome social media dependency



Reflection

By reflecting on metacognitions, you may gain better control over your social media urges



Replacement

Discover alternative ways to fulfill your needs can de-incentivise your dependency



Recuperate

Harness mindfulness meditation & more to alleviate negative emotions, & experience relief

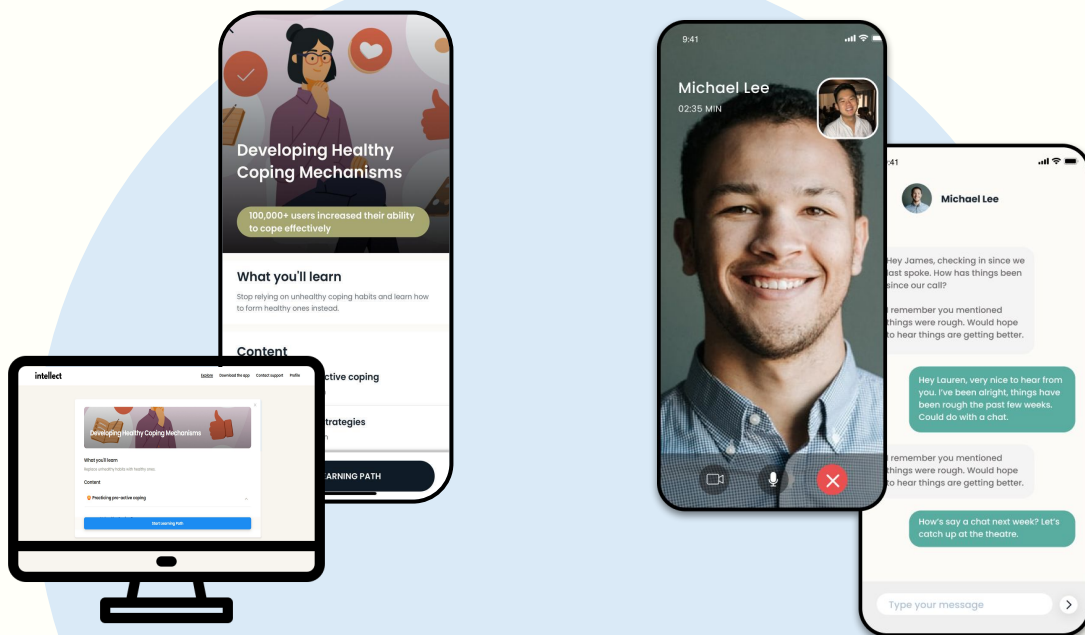


Regulate

Take charge of your social media usage to curb dependency

From Insight to Action: Put Your Skills to Work Today!

Get supported in your journey through immersive self-guided learning modules complemented by personalised 1:1 coaching support



Developing Healthy Coping Mechanisms Learning Path

Structured learning path designed to help you get started with developing healthy coping mechanisms

1:1 Coaching

Discuss with your coach on “how to better manage your relationship with social media by developing health coping mechanisms”

Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

