Check your feelings as you read, if it’s making you feel anything other than positive feelings, stop following.

Remember that social media feeds (friends, celebrities, family) are curated.

Limit your use of social media daily. (Use a timer app or function to manage your time on)

Remember the ‘Abuela Big Mama’ rule. If you would not want abuela or big mama to see it, DON’T POST IT.

ALWAYS build social media ‘diets’ into your social media ‘meal plan’ — Go on your diet at least bimonthly, preferably monthly.

For more tips, please visit us at:
www.dralfiiee.com
www.aakomaproject.org