

# Selfie Likes and Self Esteem:



## You Are Worth More Than Your Social Media Popularity

**T**he positive feedback received from a picture posted on social media may immediately create a great effect on one's self-image, but how often is this short lived? If you've ever had a negative reaction to receiving less 'likes' than a previous post – this resource is for you.

Researchers at the University of Texas at Austin conducted an experiment proving that not getting enough 'likes' causes adolescents to reduce their feelings of self-worth. Those who react negatively to receiving insufficient 'likes' were more likely to experience depression and anxiety attributed to a perceived flaw in themselves.

You have the ability to move beyond social media 'likes'. It begins with realizing that the most liked posts, which may include ones from your best friends, just might be photo shopped. If you feel slightly depressed after viewing social media posts – these tips may work for you.

Read more about this study here: <https://www.rochester.edu>

## Tips to Stop Relying on Validation from Social Media

### Tip #1

#### Be patient with yourself!

**Reflect** on where this want/need for affirmation comes from.

**Find other, more authentic outlets** that are healthier for this need.

**Wanting affirmation isn't intrinsically unhealthy** but relying on a source that shows only half of people's lives and creates a psychological impact by giving people more or less 'likes' is unhealthy.

### Tip #2

#### Limit Your Access to Social Media

**Make it harder to check social media.** Turning off notifications can be a good start.

**Eventually, remove social media from your phone.** It can still be checked on your computer if necessary.

**If you get the urge to check social media, stop and do something you love.** Go out for a walk, read a book, or hang out with friends (authentic connections are a bonus!).

**Most importantly do not view social media one hour before bed.** Doing this will increase the opportunity for a good night's rest.

### Tip #3

#### Reward yourself!

**Positive reinforcement** is more effective than being hard on yourself.

**Set up a rewards system to enforce less time on social media!** Get a cup of coffee from your favorite shop or a sweet treat from a bakery if you meet your goals.

Want to read more about social media tips? Visit [www.unicef.org](http://www.unicef.org)



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