

# FEED YOUR FEEDS

## PROTECTING YOUR MENTAL BANDWIDTH

Your **social media feeds** act like a constant drip of information into your nervous system. Each scroll brings images, headlines, opinions, and comparisons that your brain has to process. Over time, this **"digital diet"** can shape your mood, stress levels, and even how you see yourself.

Research shows **social media** isn't purely good or bad; its impact depends on how we use it. Some content **builds connection and inspiration**, while other content fuels **comparison, anxiety, or outrage**. A meta-analysis of experiments that restricted or changed social media use found that **reducing or modifying social media typically led to small but significant improvements in well-being**, especially when people cut back on unhelpful or distressing content.

This suggests that what you consume matters more than a simple "on or off" switch.

A helpful reframe is to think of your feed like nutrition. Questions to ask:

- Does this account leave me feeling more regulated or more on edge?
- Does it align with the kind of person I'm working to become?
- Do I feel clearer, more hopeful, or more grounded after engaging?

Unfollowing or muting accounts that reliably make you feel worse, and following accounts that educate, uplift, or align with your values, can lower background stress and protect your attention.

**You don't have to delete every app; you can start by curating, not quitting.**

## Small changes in your digital environment can lead to meaningful changes in how you feel.

Burnell, K., Meter, D. J., Andrade, F. C., Slocum, A., & George, M. J. (2025). The Effects of Social Media Restriction: Meta-Analytic Evidence from Randomized Controlled Trials. *SSM - Mental Health*, 100459. <https://doi.org/10.1016/j.ssmmh.2025.100459>