

# Self-Care and Social Media

Today, do one little thing to  
take better care of yourself

*...then repeat tomorrow*

[www.bumplife.com](http://www.bumplife.com)

**Today, we live in a world overflowing with digital media and technology. All of us -- **adults and kids** -- have constant access to real-time information from around the globe.**

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**American teenagers spend an "astounding" nine hours a day with digital technology, entertaining themselves with streaming video, listening to music and playing games.**

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Click on the link below and watch this video. <https://www.youtube.com/watch?v=fVALeerZpd4>



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## Discussion Questions

- 1. What is the role of digital media in our lives?**
- 2. What are the benefits of digital and social media?**
- 3. What are the negative effects of an unbalanced digital media in our life?**
- 4. Think about ways that you can balance your time spent plugged into technology and not using media.**