



MINDFUL SOCIAL MEDIA

RESOURCES

QUESTIONS AND REFLECTION



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1. WHAT ARE YOU LOOKING TO GET OUT OF WORK SOCIAL MEDIA COMMUNITIES? (Check all that apply)

- Stay informed about news and updates
- Get ideas from others in my field
- Share and express myself
- Make meaningful, personal connections
- Just for fun
- Build a business, make money, etc.
- A distraction from boredom/other negative things
- Other:

2. DOES YOUR CURRENT WORK SOCIAL MEDIA USE BRING MORE VALUE OR STRESS? IN WHAT WAYS?

VALUE

MORE VALUE

STRESS

MORE STRESS

QUESTIONS AND REFLECTION

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3. WHICH COMMUNITIES (COULD) ADD THE MOST VALUE TO YOUR LIFE? (Check all that apply)

Facebook groups:

Instagram YouTube

Reddit Twitter

Other:

4. BOUNDARIES: WHAT DO AND DON'T YOU WANT TO SHARE ON YOUR WORK SOCIAL MEDIA ACCOUNTS?

SHARE

DEPENDS

DON'T SHARE