



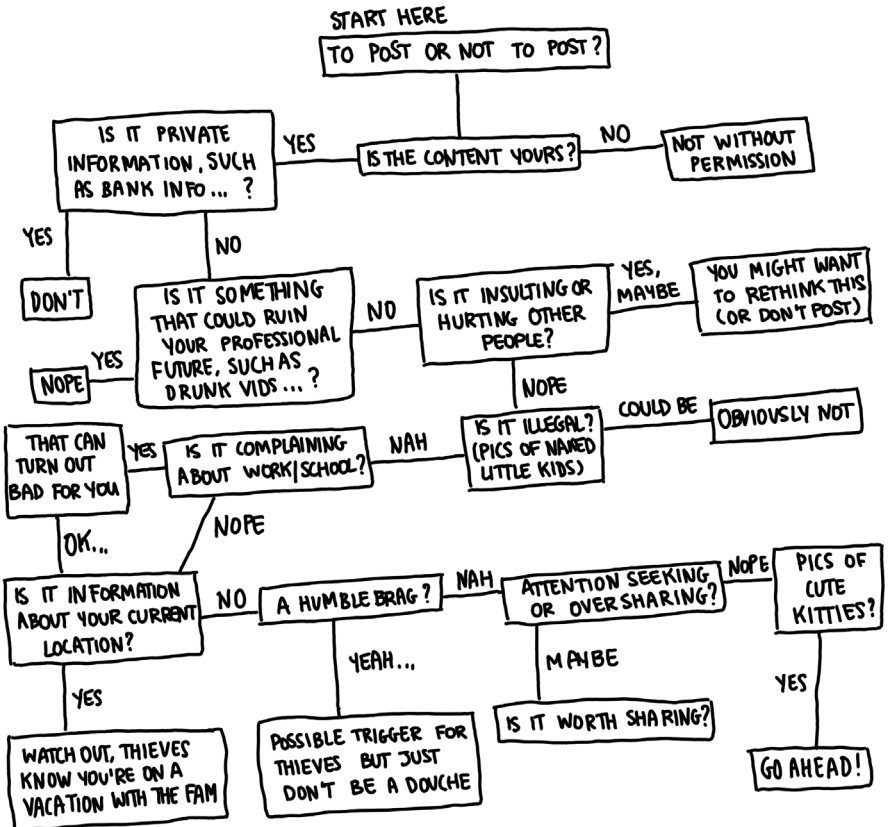






through Facebook, Instagram, and Twitter feeds are not going to help you fall asleep. Reading a book, writing a poem, or working out will. Of course, technology helps us a lot in our daily lives—at school and at work. Just remember to maintain a healthy balance between what's important and what's useless in the media you consume and you will feel more productive and focused on a daily basis.

## TO POST OR NOT TO POST





THINGS YOU DON'T SEE ON SOCIAL MEDIA  
BUT ARE SUPER NORMAL :



— ME, BEING STRESSED  
OUT BY THE TINIEST  
THING

ME, LOOKING —  
AT MY BEST,  
CHILLING AND  
ENJOYING  
LIFE TO THE  
FULLEST



THINGS YOU DO SEE ON SOCIALS BUT  
DON'T HAPPEN EVERYDAY:

- *Our relationships.* You know, all the cutie patootie pics of couples on vacation? Or their anniversary celebration? Or their picnic together? Or their canoe trip? We all know that *one* couple that just has to post everything on social media, hashtagging #couplegoals #forever. I bet they are fighting every day, but feel the need to make sure everyone thinks their relationship is all that.







## Chapter Eight: The Internet of Things

- *Ditch the perfectionism.* Do you generally walk down the street with a filter over your eyes? No, and neither do I. Don't waste your time creating the perfect picture that doesn't even look like the real you. You're only fooling yourself.
- *Build more genuine and face-to-face relationships.* Try leaving your phone at home for one full day. You'll be so much more aware of your surroundings. Smile, greet people you pass on the street. Connect with people in real life.

Remember that self-esteem comes from the inside, not from the approval of others with a simple like or love button.