

Social media strategies

Use these strategies on social media when you're feeling anxious.

If you are feeling worried as a result of the media coverage there are steps you can take to limit your exposure to coronavirus coverage:

- + Turn off any automatic updates on your phone
- + Avoid or limit your use of social media
- + Give yourself permission to limit or end conversations with other people that are making you feel more worried. Try politely saying “I feel like coronavirus is all anyone is talking about at the moment...could we talk about something else?”
- + Change the settings on your social media accounts so that posts about coronavirus aren't appearing on your home feeds —the following pages will show you how to do this



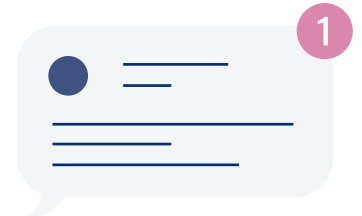
Muting social media accounts

Unhelpful content can be muted on Twitter, Facebook and Instagram to varying degrees. This can help you manage worries you may have.

Muting unhelpful words on Twitter

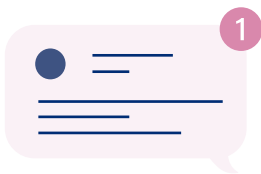
Iphone (app)

1. Go to your Notifications tab.
2. Tap the gear icon.
3. Tap “Muted” words.
4. Tap “+Add muted or phrase”.
5. Type in the word or hashtag you’d like to mute (for example: #COVID-19).
6. Alternatively, long press the word as it appears on a tweet and press “Mute”.



Android (app)

1. Go to your Notifications tab.
2. Tap the gear icon.
3. Tap “Muted” words.
4. Tap “+Add muted or phrase”.
5. Type in the word or hashtag you’d like to mute (for example: #COVID-19).



Muting unhelpful pages or accounts on Facebook



Iphone and Android (app)

Unfortunately you can't mute certain words, but you can mute pages or people if they are sharing or posting content you don't want to see.

1. Click on the three dots at the top right of the post you do not wish to see.
2. Press "Snooze for 30 days".
3. Alternatively you can "Hide all" or "Unfollow".

You can also prioritise whose posts you see:

1. Go onto your menu—this is usually the three lines at the top right on the Facebook app.
2. Scroll down to "Settings & Privacy".
3. Press "Settings".
4. Scroll down to the heading "News Feed settings" and choose "News Feed preferences".
5. Press "Prioritise Who to See First".
6. Choose who you want to see at the top of your News Feed.
7. Press "Done" at the top right.



Under your News Feed Settings you can also see who you have hidden posts from, or unfollowed.

Avoiding recommended content on Instagram

Unfortunately, Instagram does not allow you to block posts or comments left on other users' posts that contain words, phrases or hashtags that you wish to avoid. If you are experiencing distress as a result of content on Instagram it is advisable that you cut

down on the time you spend on Instagram, choose social media sites that do allow you to filter out content you do not wish to see (such as Twitter) and avoid the 'explore' feature that recommends content to you.

Turn off 'explore'

1. Go to your profile.
2. Click on the hamburger (the three lines at the top right) of the screen.
3. Click on 'Settings'.
4. Click on 'Privacy'.
5. Click on 'Comments'.
6. Click on 'Manual filter'.
7. The manual filter bar will turn from grey to blue, then in the space that says 'words separated by commas...' type in words and phrases that you do wish not to see, separating each word or phrase using a comma.

