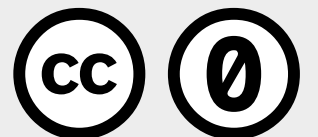
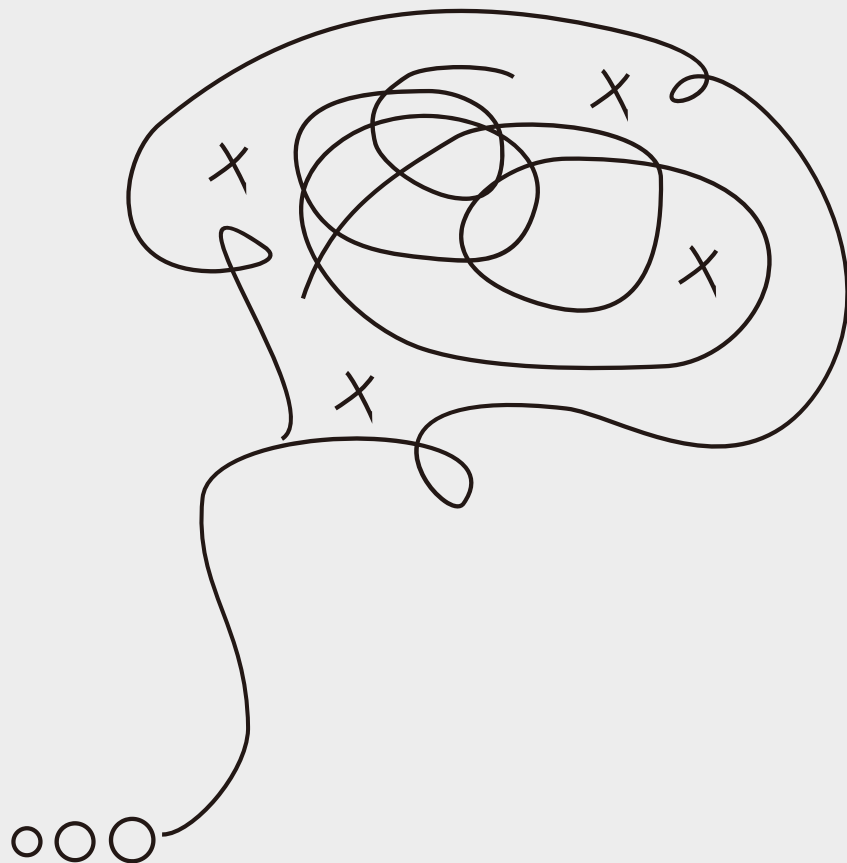


Managing Social Media Exposure



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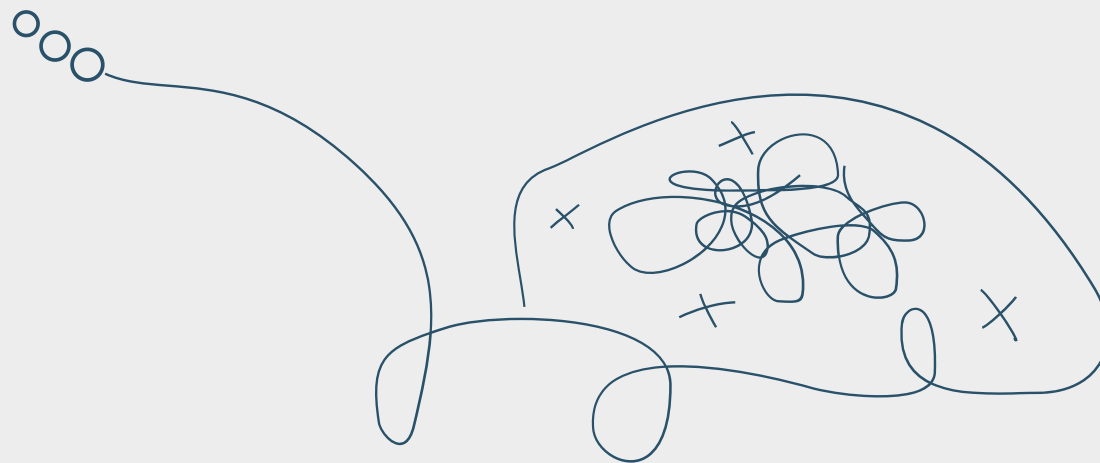
Handling Distressing Content on Social Media

Tips to navigate distressing content while maintaining mental well-being:

Amidst the overwhelming flood of distressing images on social media, remember: You're not obligated to watch every video to show your support!



Protect Your Mental Health



Limit exposure to graphic content to protect your mental health.

3

Tips for Watching Distressing Videos

How to engage with distressing videos without overwhelming yourself:



Watching distressing videos can impact our mental state profoundly.



Here are suggestions to minimize the distress:



Mute videos to reduce sensory overload.



Take breathing breaks afterward



Acknowledge your feelings as valid expressions of love and concern.



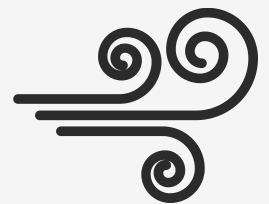
Processing Traumatic Content

Techniques to process and release trauma triggered by distressing media

Discuss what you've seen with trusted individuals to help release stored trauma.



Exercise or conversations can aid in releasing trauma from your body.



Trauma affects us physically and emotionally.



Find what works best for you to cope and process.

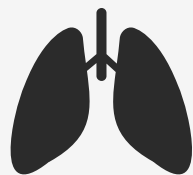


5

Emotional Balance During Media Exposure

In times of distressing content, our emotions swing drastically.

Implement techniques like controlled breathing



Physical activity



Engaging discussions to stabilize your emotional responses.



Discover ways to achieve emotional balance despite the overwhelming content.



7amleh.org

The Arab Center for the
Advancement of Social Media.

partnersglobal.org

Partners Global

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