HOW TO PREVENT Toxic POSITIVITY
AND THE PITFALLS OF SOCIAL MEDIA

People often use social media to showcase a seemingly perfect life, while hiding any struggles or pain they may be experiencing. This behavior perpetuates the idea that authentic emotions are unacceptable and that one must always maintain a positive attitude. By using social media to present a false image of one's emotional state, people often deny themselves the opportunity to process and heal from painful experiences, leading to further mental and emotional distress.

It's important not to label our feelings as positive or negative. Remember, ALL feelings are valid.

HERE ARE SOME WAYS WE CAN PREVENT TOXIC POSITIVITY:

- Be honest and authentic with yourself and others about your feelings, even if they are difficult to express.
- Avoid using platitudes or "positive" reframing techniques such as "it could be worse" to dismiss or downplay the emotions of others. Instead, try to validate other's experiences and offer support.
- Take the time to acknowledge and process your negative emotions, rather than dismissing them or trying to "just get on with it."
- Recognize that it's okay not to feel happy or upbeat all the time, and don't feel guilty for expressing your true emotions.
- Avoid minimizing the experiences of others with false reassurance. Instead, listen actively and offer empathy and understanding rather than unsolicited advice or perspective.
- Remember that presenting a façade of excessive positivity online or presenting a "perfect" life is often damaging and can lead to further emotional distress. Be honest and authentic in your online presence, and don't be afraid to ask for help or support when you need it.