



# RECLAIM YOUR FEED

A 5-STEP RESET FOR SOCIAL MEDIA  
BODY IMAGE TRIGGERS



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MINDFUL PATH COUNSELLING

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## **Reclaim Your Feed: A 5-Step Reset for Social Media Body Image Triggers**

For when your scroll leaves you feeling not good enough.

### **A quiet scroll can leave a loud impact.**

You didn't mean to compare - it just happened.

One minute you're checking messages, and the next you're deep in someone else's sun-soaked holiday highlight reel, wondering why you don't feel like that in your own skin.

This guide is for when social media starts to feel like a mirror you didn't ask to look into.

You don't need to give it up. You just need to take a little of your power back.

### **Step 1: Notice how you feel after scrolling**

Before you make changes, take a moment to reflect.

Ask yourself:

- What kind of posts leave you feeling drained, inadequate, or tense?
- Who are you comparing yourself to the most?
- What emotions do you usually carry away from a scroll — calm, inspired, anxious, defeated?

This is about awareness, not judgement. You're not doing anything wrong. You're just giving yourself the chance to notice.

### **Step 2: Start a soft unfollow**

You don't have to explain yourself to anyone. If an account:

- Makes you feel like your body needs to be smaller, smoother, or more toned



- Encourages constant self-optimisation
- Promotes 'wellness' in a way that feels rigid, perfectionistic, or anxiety-triggering

...you're allowed to let it go.

Try removing 3–5 accounts today. See how your feed feels after.

### **Step 3: Curate what you actually want to see**

Now that you've made space, fill it with things that align with how you *\*want\** to feel.

Look for accounts that:

- Show diverse bodies without filters or fuss
- Speak openly about anxiety, shame, and self-worth
- Encourage rest, softness, creativity, and presence, not just progress

Not sure where to start? Try searching hashtags like:

#BodyNeutral, #AnxietySupport, #SlowLiving, #MentalHealthAwareness

### **Step 4: Create a "Pause Mantra"**

Before you scroll, pause and tell yourself:

*"I'm not here to judge or fix myself, I'm here to stay connected to what matters."*

Or write your own:

This tiny pause can interrupt the auto-pilot critic and help you scroll with more self-awareness.



## **Step 5: Do something real (just for you)**

Challenge: Do one thing this week that's real, not curated.

Not for likes, not for anyone else, just something grounding, light, or nourishing. Then, if you feel safe to do so, share it (or keep it to yourself as a quiet act of rebellion).

Ideas:

- A photo of your feet on grass
- A screenshot of your morning playlist
- A short post about something that actually helped your anxiety this week
- A quote you needed to hear - not because it's polished, but because it's true

## **Final Thought**

You don't have to cut off from the online world to protect your mental health. But you do deserve a feed that makes space for you - your truth, your body, your pace.

Even one small change can shift how you feel in yourself this summer.

