

What can you do if clickbait makes you feel, well, not-so-great?

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With just a few clicks of your fingers on a screen, you have the world in your hands. Could you use a chuckle? You gotta see these cats playing Ping-Pong! Want to ace a test? You'll [heart] these studying tips! Social media seems to be the place to be.

Although it can act as a companion or teacher, social media can also work against us. We might find it hard to navigate our feelings as easily as we navigate the apps on our phones.

Those apps have a way of feeding self-doubts. They can set the stage for comparing ourselves to others—and that's hardly ever healthy. This happens a lot with girls, especially.

So, what can you do if clickbait makes you feel, well, not-so-great?

Next time you're swiping on Instagram or Snapchat or wherever, check in with yourself.

Ask, "Is this experience making me feel like I'm not good enough?"

"How is what I'm doing helping me? How does it enrich me?"

If you are feeling down, it's probably a good time to put your phone down.

Simple activities, such as taking a walk, connecting with a friend or taking a long break from some apps, might do you a world of good. Even dropping off to play a video game could help you regroup yourself. A change of "screen" might just be all you need. —Lynnette Tibbott

Thank you to Pitt's Jaime Sidani, a PhD, MPH assistant professor of public health and member of the Center for Social Dynamics and Community Health, for sharing her expertise. Sidani studies adolescent health, with a focus on tobacco-use prevention and media. We'd follow her anytime.