



Mindful Online Engagement Worksheet

Objective: The goal of this worksheet is to help individuals recognize the negative impact of comparing themselves to social media influencers and celebrities, aimless scrolling, doom scrolling, and engaging in irrelevant arguments online. By completing the exercises, participants will develop a more mindful and positive online presence.

Instructions: Answer the following questions and complete the activities to reflect on your online habits and make positive changes.

Section 1: Understanding Online Comparison

1. How often do you find yourself comparing your life to those of social media influencers and celebrities? (Rarely, Sometimes, Often, Always)
2. List three negative emotions or thoughts that arise when you make such comparisons:
 - a.
 - b.
 - c.
3. Why do you think people tend to compare themselves to social media influencers and celebrities?

Section 2: Aimless Scrolling

4. Estimate the average amount of time you spend aimlessly scrolling on social media per day:
5. How does aimless scrolling affect your daily productivity and overall well-being?
6. What activities or hobbies could you engage in during the time you spend aimlessly scrolling?

Section 3: Doomscrolling

7. Have you ever engaged in doomscrolling? If so, describe an instance when you did and the impact it had on your emotions.

8. List three strategies you can use to avoid doomscrolling and maintain a positive online experience:

- a.
- b.
- c.

Section 4: Irrelevant Arguments Online

9. Have you ever found yourself in an irrelevant or heated online argument? If so, how did it make you feel?

10. List three ways you can respond to online negativity or disagreements more mindfully:

- a.
- b.
- c.

Section 5: Creating a Positive Online Presence

11. What are three positive and inspiring accounts or pages you can follow on social media to enhance your online experience?

- a.
- b.
- c.

12. How can you actively promote positivity and support others on your social media platforms? List three specific actions you can take:

- a.
- b.
- c.

Section 6: Commitment to Change

13. Reflect on the insights gained from this worksheet. What are the specific changes you plan to make in your online behavior to avoid comparisons, aimless scrolling, doomscrolling, and irrelevant arguments?

a.

14. Set a realistic goal for each change you plan to make, and specify how you will measure your progress:

a. Change 1:

- Goal:

- Measurement:

b. Change 2:

- Goal:

- Measurement:

c. Change 3:

- Goal:

- Measurement: