

## Mayo Clinic Minute

### Why social media is a bad place to measure your self-worth

Video	Audio
	Social media can be a wonderful communication tool, but it can also be a brutal arena for our emotions.
	Mayo Clinic's Dr. Amit Sood says it's because what we see on social media isn't completely accurate.
00:00:32	"When I see your social media feed, I am going to see all that is wonderful happening in your life and ... I'm going to feel unworthy because my life is so boring compared to yours."
	He says, most people don't post the negative things in their lives, so we tend to compare our worst with other people's best.
	On the other hand, many seek out social media popularity to feel good about themselves.
00:02:01 <b>Amit Sood, M.D.</b> <b>General Internal Medicine</b> <b>Mayo Clinic</b>	"People are paying attention to what I am doing. And if I have, you know, 20 million followers, I feel good about myself, too."
	Dr. Sood has two recommendations to stop us from basing our self-worth on social media.
	First, limit your time online.
00:03:18	"Just visit there and come back to your real life.
	Second, use social media for information – not emotional investment.
00:03:46	"So it's like a handshake – not a hug. Don't use it for emotional fulfillment."
	For the Mayo Clinic News Network, I'm Ian Roth.