

SOCIAL MEDIA

Detox

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WHY?

Whether we like it or not, social media is officially part of our day to day lives. But how often do you scroll through Instagram, only to find yourself feeling bad about yourself afterward?

Research found that users of Instagram, Facebook, Snapchat and Twitter had increased feelings of depression and anxiety. Studies also suggest that it takes just two minutes of looking at images for you to alter your perception of your weight and your body.

The media and popular social media accounts only tend to portray thin bodies; images of fat and larger bodied folks are largely left out. When your feed is full of people who are thin, beautiful and perfectly made up, you're left feeling like "everyone" is thin and beautiful and perfect. Normalizing bodies of all different shapes, sizes and colors is an important step to improving your own body image.

While we can't control what people put on social media, we can control who we follow and therefore, what we see.

Step 1: Do A Social Media Cleanout

Unfollow or delete anyone or any account that:

Makes you feel bad about yourself or your body

Features extreme exercise or dieting behaviors

Cuts out certain foods or food groups

Talks about “clean eating” or “good” foods and
“bad” foods

Gives unsolicited diet advice

Shares before and after photos

Propels the myth that weight loss = health
(because spoiler: it doesn't)

Step 2: Follow These Body Positive Instagram Accounts

EffYourBeautyStandards
tessholiday
huntermcgrady
michaelamcgrady
everythingcurvyandchic
NoWrongWayMovement
iskra
aerie
glitterandlazers
sonnyturner_
dothehotpants
steven_plussize_male_model
BodyPosiPanda

chubstr
mynameisjessamyn
themilitantbaker
theashleygraham
oyamabotha
calliethorpe
vivanlascuvas
taralynn
thickleeyonce
abearnamedtroy
zachmiko
bodypositivememes
notoriouslydapper

Step 3: Follow These Anti-Diet, Weight-Inclusive Dietitians

The Real Life RD

The Mindful Dietitian

InspiRD Nutrition

Streetsmart Nutrition

Kara Lydon RD

Feed Your Spark

Jessi Haggerty RD

Intuitive Eating RD

Rachael Hartley Nutrition

Gofeedyourself_

Thewellful

Marci RD

Laura Thomas PhD

The Nurtured Mama

Immaeatthat

Emily Fennesbeck RD

Christy harrison

**And if all else fails, follow some cute animals!
They are unaffected by weight, diet and body image norms and are just living their best life .**