

Tips for Social Media



Be mindful of time spent on social media. You can set a time limit on certain apps. I actually have one set for Instagram!

Check in with yourself about how you feel after you have been on social media for an extended period of time. If you are feeling inadequate and anxious, you are more than likely following people that are toxic for you.

Unfollow models, Instagram “influencers” and celebrities, especially those that promote dieting and ideal beauty standards.

Unfollow those who promote dieting of any kind

If you feel uncomfortable unfollowing friends or family members, you can “mute” their account so their posts do not come up on your feed.

Save posts that really resonate with you, so you can visit them on a tough day

Send posts that you thought were harmful to your RD or therapist, so you can talk about it in session

Make sure your feed has healthy, positive role models who can help you feel empowered, confident and balanced.



Courage to Nourish

Website: couragetonourish.com

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Location: College Park and Columbia, MD

We offer virtual appointments

Tips for Social Media

Don't know what accounts to follow? Check out some of these Instagram accounts!

@couragetonourish

@christyharrison

@theintuitive_rd

@dietitianna

@bodyposipanda

@your_body_is_good

@hgoodrichrd

@samdylanfinch

@amee_rd

@whitneytrotter.rd

@lizzobeeating

@iamdaniadriana

@bodypositive_dietitian

@heytyffanyroe

@effyourbeautystandards

@glitterandlazers

@the.lovelybecoming

@themilitantbaker

@tessholliday

@iamivyfelicia

@madeanagenerousplan

@marcird

@themindfuldietitian

@thenutritiontea

@beatingeatingdisorders

@jennifer_rollin

@fatpositivetherapy

@bodyimagewithbri

@drcolleenreichmann

@stuff_my_ed_never_says

@haes_studentdoctor

@healingcrayons

@thewellful

@bodypositivememes



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