4. Strategies for Maintaining Healthy Self-Perception:

4.1. Self-Awareness—writing **Diaries**:

Writing diary can help a person understand himself better as well as help you grow and learn. By writing about thoughts and feelings, you can gain more insight into your personality, values, beliefs, and goals. You can also identify any patterns or triggers that affect your self-esteem and work on changing them. At the same time, by writing about your achievements and challenges, you can celebrate your progress and learn from your mistakes. You can also write about your dreams and aspirations and plan how to pursue them.

4.2. Limiting Usage:

Setting boundaries and limiting the amount of time spent on social media platforms can be beneficial. Regular breaks from social media allow individuals to focus on real-life experiences, fostering a healthier self-perception. For instance, setting a 5-minute break after 1-hour use of media allows you to get some break between huge amounts of information spilled out on you by the media.

4.3. Cultivating Offline Relationships:

Investing in meaningful offline relationships helps reduce the reliance on social media for validation and social interaction. Genuine connections and support from friends and family contribute positively to self-perception. For instance, offline schools and companies are best choices, since they are suitable in building new & consolidate previous relationships.

4.4. Embracing Individuality:

Encouraging self-acceptance and embracing individuality can counteract the negative effects of social media. Recognizing that everyone's journey is unique and not comparable can foster a more positive self-perception.