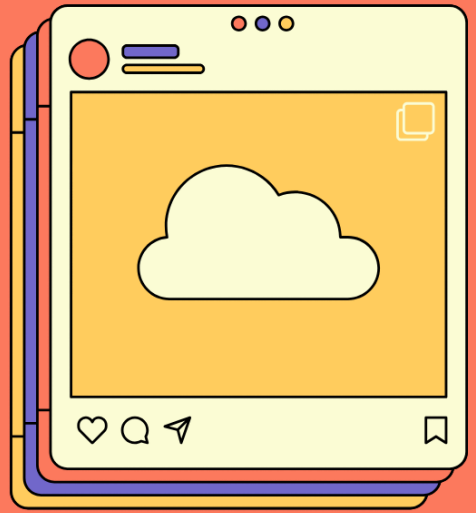
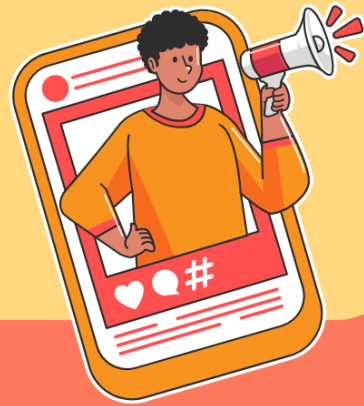


Beyond The Perfect Post

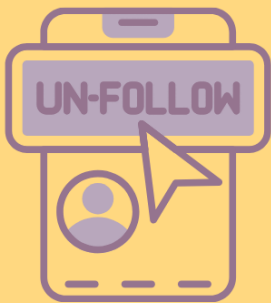


STOP. AND. REMEMBER

What you see is often edited, filtered and curated to show someone at their most polished.



UNFOLLOW



For your mental health, it's okay to take a break and unwind. Unfollow people to avoid comparison.

FOCUS ON YOUR OWN GROWTH

Use the media you currently consume for learning, inspiration, or connecting, not self-comparison.

