

A Balanced Feed Social Media Plate Example

Section 5: Mindless Scrolling 10% of the plate

This smaller section is for content that you might enjoy in moderation, like silly memes or mindless scrolling through endless feeds. It's fun but can be time-consuming if you have too much.

Example: Funny videos, memes, or viral challenges.

Section 6: Harmful or Violent Content 5% of the plate

This section represents content that is harmful or violent, which should be avoided. It's like "spoiled food"—not good for your mental health and well-being.

Example: Content that includes bullying, hate speech, or violent imagery.

