



## Social Media Discussion Questions

July 2024

1. What are the benefits of using social media in your daily life?
2. How do you cope with seeing friends, family and coworkers post their outings on social media?
3. What are ways you avoid the 'comparison trap' when you use social networks?
4. How do you know it's time to take a break from social media?
5. (a) How could it be useful to limit how much time you spend on these platforms?  
(b) What apps or other tools have you used to track your time spent on social media?
6. In what ways has social media helped you find support and an online community?
7. What are your favorite chronic pain social media sites?
8. What are ways that internet communities can normalize chronic pain and illness?
9. What is the best way you find online webinars, support groups and education about your conditions?
10. How can we use social media for chronic pain and illness advocacy?
11. How has social media impacted your mental health? How has it improved it?
12. How has social media negatively impacted you or made your life more difficult?
13. Do you search the hashtag to find others with the same conditions to communicate with?
14. What are ways you protect your privacy on media apps?
15. What advantages come from connecting with people who have the same medical condition as you?
16. Have you found ways to utilize social media for supplemental income? If you have, can you share?



17. Have you ever stopped using a particular type of social media? Why did you stop?
18. How does it help you when your phone is set on 'do not disturb' for periods of time during the day?
19. Have you ever taken a break from using social networks?  
If you have, how did it affect your mood?
20. In what ways do you think social media gives us a false picture of someone else's life?
21. Can you share your experience with disabling 'push' notifications on social media?  
Why might this be useful?
22. What ways have you found to expand your social network?
23. If isolation is something you face, how has social media changed this experience for you?
24. How has social media helped you feel empowered?