Social media can be a wonderful communication tool, but it can also be a brutal arena for our emotions. Mayo Clinic’s Dr. Amit Sood says it’s because what we see on social media isn’t completely accurate.

“When I see your social media feed, I am going to see all that is wonderful happening in your life and … I’m going to feel unworthy because my life is so boring compared to yours.”

He says, most people don’t post the negative things in their lives, so we tend to compare our worst with other people’s best.

On the other hand, many seek out social media popularity to feel good about themselves.

“People are paying attention to what I am doing. And if I have, you know, 20 million followers, I feel good about myself, too.”

Dr. Sood has two recommendations to stop us from basing our self-worth on social media.

First, limit your time online.

Second, use social media for information – not emotional investment.

“Just visit there and come back to your real life.

“So it’s like a handshake – not a hug. Don’t use it for emotional fulfillment.”

For the Mayo Clinic News Network, I’m Ian Roth.