

It's not as easy as it may seem: everything takes work

We all know someone who seems to have it all—effortlessly. Maybe it's the friend who got in great shape overnight, the school super-parent, juggling work and family with ease or the colleague who keeps collecting promotions.

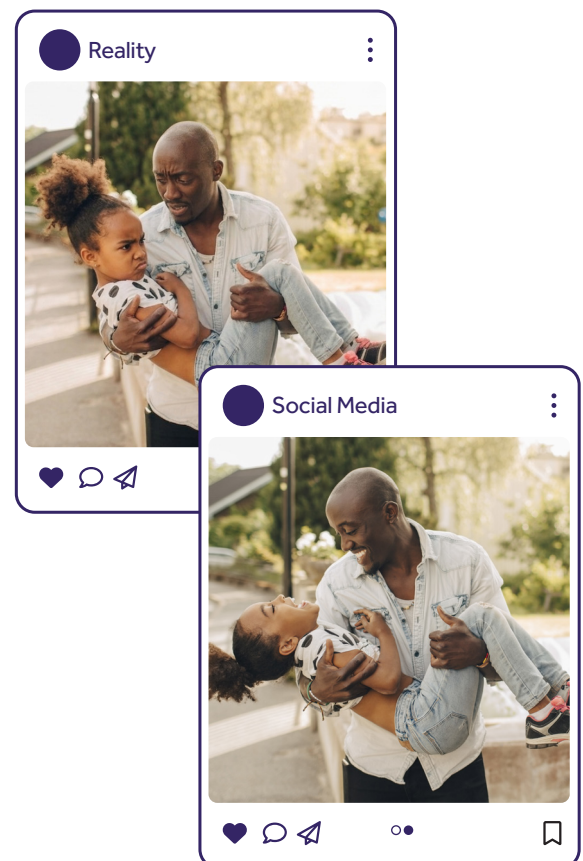
It's hard not to compare yourself to what you see and feel inadequate as a result. But are you really seeing the whole picture?

Social media is built for comparison

Comparing your life to what you see on social media from friends, peers and influencers is not always a fair measure. You see what the person posting wants you to see.

Glowing skin, happy families, glamorous locations and fairy tale relationships aren't always real. There are hundreds of ways to manipulate images to create a reality no one can compete with. The real story is in the behind-the-scenes where the dress doesn't fit, the children are crying and the filters aren't covering up flaws.

Surfing social media is nice for window shopping, but when you start comparing yourself, it may be time for a break.



Stop comparing: Take stock in yourself

There is no disputing that scrolling through social media can make us feel less confident about ourselves.¹ Theodore Roosevelt said: **"Comparison is the thief of joy."**² Heed his advice and think about what makes you happy.

Perhaps it's the way you have stuck to your fitness goals this week, month, year. Remember how hard you worked to plant flowers in your yard and how great it was when they blossomed. Think about the smiles on your family's faces when you gave them an unexpected treat. Maybe there's a work project that resulted in bottom line gains and kudos for you. These are all things that you made happen.

Were they easy to attain? No. Every one of these things took time and effort on your part, no matter how effortless it looked from the outside.

Learn how to give yourself grace

No one is perfect. We all endure struggles and make mistakes. Rather than feeling bad every time you perceive yourself to be less than, reframe it:³

- 💡 What could you do differently next time?
- 🔄 How could another choice lead to a better outcome?
- 📖 What are you learning from your missteps?
- 👉 Do you want to change your actions moving forward?



Asking yourself gentle, reflective questions gives you the grace and space to process and grow from what happened. This time allows you the room to understand and learn from your actions. Self-compassion is an important part of being mentally healthy.

The next time you see "effortless" wins, you'll know better. Behind each accomplishment, there was hard work and time invested.

Learn how Teladoc Health can help support you on your wellness journey.
To sign up or learn more, go to TeladocHealth.com/Smile.

¹<https://www.psychologytoday.com/us/basics/social-media>

²<https://www.goodreads.com/quotes/6471614-comparison-is-the-thief-of-joy>

³<https://www.psychologytoday.com/us/blog/the-unedited-offspring/202311/offering-yourself-grace>