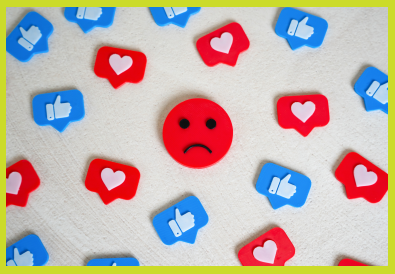
Palm Beach County
Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment & Family Counseling Division
Education & Training Center
PRESENTS

Lunch & Learn

The Trap of Comparison: Understanding Social Comparison and Impact on Well-Being



Presenter: Angeles Morales, M.A.

Palm Beach County YOUTH Services
Growing Brighter Futures

Registration Link:

https://www.surveymonkey.com/r/P23MQ2B

If you have trouble accessing the survey, please copy the link and paste it directly into your browser

Date & Location

Thursday, November 5, 2026

12:00 PM - 1:00 PM

ZOOM REMOTE VIDEO CONFERENCE

Once registration is confirmed, link to access the training will be provided

Description

This presentation explores why individuals tend to compare themselves to others, how social media can influence these comparisons, and the potential impact they can have on mental health and well-being. Participants will also learn practical strategies to recognize unhelpful comparisons, challenge negative thoughts, and develop a healthier relationship with themselves and others.

For more information on the Youth Services Department, Scan the QR code below

There is no cost associated with this program.