Is the re-origin community like a social media feed?

Community and Engagement · https://www.re-origin.com/support/is-the-community-like-social-media

No, the re-origin community is not like a typical social media feed.

It’s a private, structured space designed to support healing not distraction. Unlike traditional social platforms, there are no algorithms, ads, or endless scrolling. Content is organised into focused spaces, making it easy to find what you need without feeling overwhelmed.

The emphasis is on meaningful connection, guidance, and encouragement. Members share experiences, ask questions, and support one another in a calm, intentional environment that prioritises well-being over noise.

Many people find this approach helps them stay focused, feel safer engaging, and avoid the comparison or overstimulation or negativity often associated with social media.

Will I feel overwhelmed by notifications or activity?

No, the community is designed to feel manageable and calm. You can customise notifications and engage at your own pace.

Can I just observe without posting?

Yes. Many members choose to read and learn quietly, while others participate more actively both approaches are completely welcome.