

# How to share your My Whole Selfie



**My Whole Self**



**MHFA England**

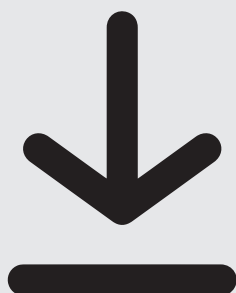


You should see the filter icon above the grid and below the stories. If you can't see it, try updating your Instagram app to the latest version, or restart your phone.

Once you've found the filter icon, click on it and watch the short 'how to' video. Then when you're ready, click on the 'try it' button.

1. Head to MHFA England's Instagram page on your phone  
[instagram.com/mhfaengland](https://www.instagram.com/mhfaengland)

2. Find the filter column



3. Take a selfie with the My Whole Self filter, and add text that describes your whole self

4. Download the image to your photo library

5. Share on Instagram and use the downloaded image to share to your LinkedIn, Twitter, Facebook, WhatsApp, or email