

DETOX FROM SOCIAL MEDIA

WHAT IS SOCIAL MEDIA

The term social media refers to a computer-based technology that facilitates the sharing of ideas, thoughts, and information through virtual networks and communities. Social media is internet-based and gives users quick electronic communication of content, such as personal information, documents, videos, and photos. Users engage with social media via a computer, tablet, or smartphone via web-based software or applications.

WHY YOU MAY NEED A SOCIAL MEDIA DETOX:

Too much time spent on social media can prevent you from focusing on your personal relationships, career, and even the goals that you have. If you find yourself constantly checking your latest notifications, or reaching for your phone first thing in the morning, it may be time to try a social media cleanse.

DETOX FROM SOCIAL MEDIA

BENEFITS OF SOCIAL MEDIA DETOX

- Your self confidence will improve
- You will appreciate the special moments and pay attention to the amazing things that happen to you everyday.
- Improved connection with others.
- You will gain more free time to invest in productive things like a side hustle, exercise or some ME time
- Better mood and Better sleep
- More focus and creativity

NEGATIVE IMPACTS OF SOCIAL MEDIA:

- Online vs Reality. The way people use Social media to interact with Online friends who really are not friends in reality.
- Increased usage. The more time spent on social media can lead to cyberbullying, social anxiety, depression, and exposure to content that is not age appropriate.
- Social Media is addicting.
- Fear of Missing Out. The idea that you might miss out on something if you're not online can affect your mental health.
- Self-image issues. Social media sites provide tools that allow people to earn others' approval for their appearance and the possibility to compare themselves to others. It can be associated with body image concerns.

30 - Day Social Media Detox Plan

A WEEK BY WEEK GUIDE



Your weekly challenge



Discovery



Mindful Practice

WEEK 1 - BECOME AWARE OF YOUR CONSUMPTION



DELETE ALL SOCIAL MEDIA APPS

Your challenge this week is to delete all social media apps from your phone. You can check your social on a computer, being mindful of your consumption or quit for 30 days cold-turkey style.



SET A BASELINE

Write down your average daily social media consumption on your phone. You can also download a Chrome browser extension to know how much time you spend on different websites.



SET YOUR INTENTIONS

Journal around these questions: Why do I want to take a social media break? What makes me scared about doing a digital detox?

WEEK 1- NOTES ABOUT PROGRESS

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WEEK 2 - DON'T GIVE UP



0 SOCIAL MEDIA

By now you are used to not using your phone to check your social, try doing that on your computer as well. Use browser extensions that restrict your time on a particular website. This week will probably be the hardest as the novelty wears off and you're adding more restrictions.



GET SOME MOTIVATION

Consume mindful content about how social media is shaping our world or about how your brain works. One of my favorite books of all time is Atomic Habits, which tackles on habit-building.



BECOME AWARE OF THE REAL NEED BEHIND YOUR SOCIAL MEDIA CONSUMPTION

Become aware of when you want to open social media and ask yourself "Why do I open my social media apps?". Are you bored? Tired? Hungry? What other ways of meeting this need can you think of? Take some time to journal. You can also start noticing that getting rid of social media can shed a light on other areas of your life you need to address

WEEK 2- NOTES ABOUT PROGRESS

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WEEK 3 - ENJOY THE FREEDOM



HAVE FUN IN REAL LIFE

It is time to start the hobby you've always wanted to do but never had the time to! This week try to plan at least one activity that brings you joy a day



BEAT THE BOREDOM

Make a list of all the activities that you actually enjoy but don't do often enough or new activities that you want to try.



INCREASE THE POSITIVE AND ENJOY THE BENEFITS OF HAVING RECLAIMED YOUR TIME

Ask yourself: How can I use my time better than mindlessly scrolling? What activities always make me happy?

WEEK 3- NOTES ABOUT PROGRESS

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WEEK 4 - INTEGRATE WHAT YOU LEARNED



GET READY TO GO BACK TO USING SOCIAL, MINDFULLY THIS TIME

Congratulations on getting to the last week of your 30-day social media fast, you are now ready to build long-lasting mindful social media habits.



LEARN A STRESS-MANAGEMENT TECHNIQUE

You might feel overstimulated when coming back to social media. It is time for you to learn a relaxation technique. Meditation is a great way to start.



SET THE GROUNDWORK FOR A HEALTHY RELATIONSHIP WITH SOCIAL MEDIA

Ask yourself: What do I like about social media? What value does it bring to my life? How can social media serve my goals? What boundaries do I need to implement in my daily life?

WEEK 4- NOTES ABOUT PROGRESS
