

# SOCIAL MEDIA DETOX



**What about cutting social media off for a while?  
A social media detox is a conscious elimination of social media use and consumption for a set period of time.**

1

## WHY HAVE A SOCIAL MEDIA DETOX?

Researches have underlined the potential harm that can be caused by an excessive use of social media so having a break from it isn't a bad idea. And yes, you can do it!

Reasons why you should detox:

- Save time!
- Read books
- Connect with your family
- Protect your privacy
- Reduce anxiety
- Boost your self-esteem
- JOMO (joy of missing out)
- Better sleep quality
- Increase focus
- Increase productivity
- Break the social comparison circle
- Focus on future
- Take control back on your digital habits
- More mindfulness
- Etc.

## TIPS TO DETOX

Nobody said it was easy however, we have listed few tips to support your decision:

- Do it with a friend
- Don't keep your phone in your bedroom
- See it as a challenge
- Change your morning routine
- Delete apps
- Block websites
- Find yourself a project: start learning a new language or implement this yoga routine you wanted to try
- Listen podcasts or audio books
- Etc.

2

3

## ACTIVITY LOG

Why not keep a journal of your activities, of the new things you were able to do that you wouldn't have done otherwise? This will allow you to take stock of the benefits of this detox!

