

Template: My Social Media Detox Plan

1. My Current Social Media Habits:

- How much time do I spend on social media daily (average)?
- What platforms do I use most frequently?
- What are the main reasons I use social media?

2. Identifying the Pitfalls:

- How does social media use affect my mood and self-esteem?
- Do I experience FOMO (fear of missing out) due to social media?
- Have I encountered cyberbullying or negativity online?

3. Strategies for a Healthier Social Media Experience:

- Set time limits for social media use: (e.g., 30 minutes daily)
- Platforms I will limit or take a break from: (e.g., Instagram)
- Positive accounts I will follow for inspiration: (e.g., motivational speakers, artists)
- Activities I will replace social media time with: (e.g., reading, meditation, spending time in nature)

4. Taking Action:

- Start date for my social media detox plan: (insert date)
- I will track my progress by: (e.g., journaling, using a time tracking app)

Remember: A healthy relationship with social media is about balance. By being mindful of your usage, setting boundaries, and prioritizing

real connections, you can reap the benefits of these platforms without falling victim to their pitfalls. Take control of your online experience and use social media as a tool for good, not a source of negativity.