



Social media breaks

Taking regular breaks from social media is a healthy way to refocus and prevent it from taking over too much of your time. When you return, you will hopefully have a clearer idea of social media's role in your life and the boundaries you need to use it well.

Try these tips to have a successful social media break:

- Set a clear time frame for your break. It could be a week to a monthlong goal.
- Alert your followers to your upcoming break.
- Temporarily disable your accounts, or delete the apps from your phone.
- Plan an alternate activity for when you're tempted to check social media like stretching, having a glass of water, phoning a friend, or deep breathing.
- Choose an accountability partner to keep you on track.
- Make a plan for how you want to use social media after your break.