



Beyond Being Well

# Social Media Detox Cheat Sheet

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Practical wellness for women who care

1. **Get clear on why you want to detox.** What are the effects of your social media use? Where does it come from? What will you gain? What will you risk? How will you deal with the obstacles? How long will you detox for?
2. **Don't go cold turkey.** Start by cutting down, perhaps by designating 1-2 dedicated periods to checking your social media per day.
3. **Find a substitute.** Agree in advance something that you will do when the urge to check your social media accounts arises. It could be deep breathing. Doing 10 push ups. Reading a book. Try and choose something that doesn't require the use of your phone!
4. **Set some ground rules.** For example, no phones in bed. No phones at the dinner table. Phones off by 8pm. Agree with your partner/housemates/family in advance.
5. **Keep busy.** Use this as an opportunity to do things that you've been putting off. Like reorganizing your sock draw, cooking something delicious or moving more.
6. **Use tools.** Ironically, technology can be a great help to assist in the detox process. Try Leechblock, Anti-Social or RescueTime to block certain sites during work periods or report exactly how much time you're spending on social media.
7. **Identify subconscious patterns.** There might be certain times of the day when you subconsciously reach for social media to fill a need. Get prepared in advance. If you always read your phone over breakfast, bring a book. If you do it when you get uncomfortable feelings, find an alternative outlet for those feelings like breathing into them or asking yourself 'what do I really want/need?'
8. **Get important stuff done first.** Don't check emails, social media or other accounts first thing in the morning. Get your most important tasks (writing, thinking) done before getting your fix. Over time, your need for social media will decline.
9. **Reward yourself when you succeed.** Have a little reward in your mind for when you have successfully cut down social media time. Reflect on all the things you've been able to accomplish since detoxing and set an intention for the role it will play in your life from this time forward.
10. **When reintroducing, change your newsfeed.** If you do choose to re-enter the social media world after your detox, thinking about changing what you see on your newsfeed. What would nourish you? What is not serving you? Can you unfriend, unlike or block unhelpful or anxiety-inducing content?