

TIPS ON HOW TO MANAGE YOUR SOCIAL MEDIA CONSUMPTION

Do you find yourself "Doom Scrolling": scrolling through social media to keep up with the never ending cycle of news (Wattercutter, 2020)? Or perhaps you lose track of time watching videos on TikTok. Either way, between the pandemic, civil unrest, and the current sociopolitical climate, social media can become a source that depletes our surge capacity, short-term adaptive systems we create to protect ourselves from stressful situations (Haelle, 2020). Here are 8 tips to help guide you on managing your social media consumption.



1

SCHEDULE TIME AWAY FROM YOUR PHONE

Maddaus (2019) coined the term "**resilience bank account**" to describe the mental and physical need to create healthy habits to fall back on when times get tough.

- Fuel your resilience bank account by doing activities you enjoy such as: reading, drawing, writing, exercising, etc.

To assist in this, try **creating limits** for yourself

- Ex: "I will only use my phone after I finish my homework"

2

CHANGE YOUR ROUTINE

Studies show that people most often use social media right when they wake up or as they prepare to go to bed (Subair, 2020; Finley, 2016). Replace it with these activities instead for a more peaceful routine.

- Guided Meditation
- Journaling
- Breathing Exercises

3

DOWNLOAD APPS THAT LIMIT SOCIAL MEDIA USAGE

There are a **variety of different apps** that can lock your phone for certain periods of time (Subair, 2020).

- **Forest and Flora**
 - These apps will "lock" your phone for a set amount of time. The longer you stay off your phone, the more plants you will grow!
- **Pocket Points**
 - The longer you stay off your phone, the more points and potential rewards!
- For iPhone users, you can limit app usage by going to settings – screen time – app limits.

4

TURN OFF VIDEO AUTOPLAY

It is easy to lose track of time with video autoplay turned on. You can turn off unwanted videos with these steps (Finley, 2016).

- On **Twitter**: settings, data usage, then turn off video auto play.
- On **Facebook**: settings, videos, then set auto play to off.
- On **YouTube**: click on the video you want to watch then locate the auto play switch on the top right corner above the recommended videos. Click on it so it switches from blue to gray!

5

SET YOUR PHONE ON DO NOT DISTURB

Set your phone on do not disturb (DND) so you don't receive notifications when working (Subair 2020).

- **iPhone:** Swipe down on the home screen and click the moon button.
 - You can also change the amount of notifications you receiving. Go to Settings, Notifications, and Select an App. From there you can adjust Notifications, Alert type, Sounds, Badges and Preview Type.
- **Android:** Swipe down on home screen and press do not disturb.

6

JOIN/CREATE GROUPS WITH FRIENDS

It's incredibly important to have people surrounding you that you feel comfortable talking about your feelings with. **Join or create groups with your friends** where you have the space to vent, share resources, and listen to others to replace the social contact you may be craving from social media (Finley, 2016; Subair 2020).

7

CONSIDER WHAT'S WORTH RESPONDING TO

- Monitor how you interact with others (Finley, 2016).
 - Don't constantly feel the need to "teach" others about what is going on
 - Don't fight battles trying to prove your point to others who are not ready to listen

8

FOLLOW POSITIVE SOCIAL MEDIA ACCOUNTS

Take a look at who you follow on social media sites like Instagram, Twitter, Facebook, etc. **Unfollow/mute** any accounts that post too much negativity (Finley, 2016). Start following accounts that post positive tips and other helpful resources!



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