



SOCIAL MEDIA CLEANSE Checklist

Ask yourself:

- Am I seeing posts that make me unhappy?
- Do I follow accounts that make me feel like I need to be someone that I am not?
- Am I comparing my life/body/success with others?
- Is the way I use social media affecting my mental health negatively?

Let's get started!

- Turn off social media notifications
- Evaluate who you "follow"
- Review your Facebook groups and email subscriptions
- What can you do to limit your time scrolling?
- Do you need to break the habit? What are good habits that can replace your scrolling?

No posting • No liking • Just living

