**What is a Social Media Detox?**

Although helpful for staying in touch with our friends, promoting our work, and following the latest news; social media can have negative impacts on emotional well-being. Especially in times of COVID, the media coverage of the pandemic can be overwhelming.

**Reasons for a Detox in times of COVID**

1. Overwhelming news coverage of COVID
2. Allows time for self-reflection
3. Social media can decrease self-esteem and productivity
4. Social media disrupts normal sleep patterns
5. Social media use is linked with increased rates of mental health disorders

**Small Steps to begin a Digital Detox:**

- Set time limits on certain apps such as Instagram or Twitter
- Put your phone on silent or do not disturb mode
- Make a "no phone rule" at meal times or with friends and family
- Turn off your phone 1-2 hours before bedtime to allow for an "eye break" before falling asleep
- If you need your phone for work or to stay connected to close family, turn off Wi-Fi connections or delete social media applications off your phone
- Replace social media with other activities such as being active, setting goals and organizing your day, nature walks, reading or art, cooking or baking, or other hobbies you personally enjoy.

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