

STAYING POSITIVE: SOCIAL MEDIA DETOX



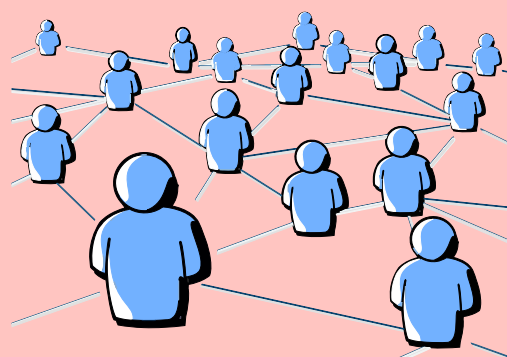
What is a Social Media Detox?

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 WIFI 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 your personally enjoy.



FOR MORE INFORMATION VISIT
[HTTPS://WWW.UNH.EDU/HEALTH/WELLNESS](https://www.unh.edu/health/wellness)

PREPARED IN CONSULTATION WITH HEALTH & WELLNESS BY SENIOR NURSING STUDENTS

#UNHTOGETHER

#WILDCATSCARE