



30 Day Social Media DETOX Challenge March—April

Social media is an ever-growing trend that consumes our attention. In fact, the average person spends *at least* 1 hour and 40 minutes per day on social media sites and apps.

That doesn't even include the time spent checking emails, scrolling news sites and watching TV. Between TV, cell phones and computers, many people now spend more time glued to a screen than they do sleeping each day! But, are we actually benefiting from it that much?

Taking this 30-day social media detox challenge is one way to find out!

Ask yourself this: When was the last time you went a whole day without checking your phone, reading a Facebook post or even checking for notifications? Social media has become the go-to way to stay connected and informed in this constantly changing world. But, is it making you feel more connected or just more depressed? Social media can be a great tool in small doses, but most of us consume it for hours at a time. every. single. day. Can you relate?

It's time to experience a Social Media Detox!

Draw an X on all the days you have completed the challenge. Complete 100% of the challenge and you will be entered into a drawing to receive wellness prizes.

Return your tracker to BHG Wellness Coordinator, Beth Piantoni
@ epiantoni@bhs1.org, or fax (413) 395-7653 by **April 6th, 2020**

Social Media Detox Challenge

Draw an X on all the days you have completed the challenge.

1

Delete Unused Apps

2

Turn off Push Notifications

3

Put Phone in Separate Room at Bedtime

4

No phone for 2 straight hours



6

No Facebook until 12pm

7

Twitter Free Day

DISCONNECT TO CONNECT.

9

No Phone during Meal Times

10

Unfollow and Unsubscribe

11

Instagram Free Day

LESS INTERNET MORE LOVE

"Nothing EVER goes away once it is posted online."

14

No Status Update Today

15

No Social Media after 5pm

offline IS THE NEW LUXURY

17

Read for 30 Minutes

18

No Facebook Today

19

Put your Phone Away at Work

20

No Social Media for the Entire Day

be. here. now.

22

Find a New Way to Spend Your Time

23

Call Someone Instead of Messaging

KEEP CALM and READ A BOOK

NATURE NEVER GOES OUT OF STYLE

27

Uninstall 1 Social Media App

28

Reflect on Your Current Social Media Use

29

Only 30 Minutes of Social Media

30

Go Somewhere and Leave your Phone at Home

NAME _____

LOCATION: _____