

■ Step-by-Step Guide to Healthy Social Media Use

Step 1: Define Your “Why”

Ask yourself: Why am I opening this app? To connect with friends? To learn something new? To relax? If you can't answer, it's probably just a habit scroll—skip it.

Step 2: Time-Box Your Usage

Decide when and how long you'll be on social media. Example: 20 minutes after lunch, 15 minutes after dinner. Set a timer or use built-in app limits to stay accountable.

Step 3: Turn Off Non-Essential Notifications

Keep only what's necessary (like messages from family). Mute likes, comments, and random push alerts—these are the “sugar hits” your brain craves.

Step 4: Curate Your Feed

Unfollow accounts that trigger comparison, stress, or negativity. Follow accounts that inspire, teach, or genuinely make you smile. Your feed should feel like a garden you enjoy walking through, not a junkyard.

Step 5: Practice “Create Before Consume”

Post your content (if you want to) before you start scrolling. This way, you're sharing authentically instead of chasing validation.

Step 6: Build “Pause Moments”

When you feel the urge to scroll, pause and ask: Do I really want this, or am I just bored/tired/stressed? If it's the latter, swap in a quick stretch, a glass of water, or texting a real friend.

Step 7: Schedule Mini Detoxes

Pick one window a day to go screen-free (like during meals or the first hour after waking up). Once a week, try a longer break—half a day or a full day without social media.

Step 8: Reflect Regularly

At the end of the week, ask: Did my social media time make me feel better or worse overall? Adjust your habits based on your answer.