

Mindful Social Media Use

Tips & Tricks to Help

We all underestimate the time we spend on our phones, and social media use is the biggest time-eater of all. The tools we enjoy are built around companies attracting and keeping you on their platform for as long as possible so that you can be marketed to. As we hear in LIKE, we're not consuming the product; we ARE the product. So, what can we do about it?



Tips & Tricks



GO GRAYSCALE

To combat phone addiction, researchers have suggested enabling your phone's grayscale. Doing so will make those time-sucking social apps less appealing!

HOW TO TURN ON GRAYSCALE

iPhone:

Settings > Accessibility > Display & Text Size > Color Filters > Grayscale

Android (9 or newer):

Swipe down from top of the screen > Tap Pen Icon > Grayscale
(You can drag "Grayscale" to your tiles list to activate any time.)

Android (Older than 9):

Settings > About Phone > Build Number > Tap "Build Number" until you are told that you've enabled "Developer Mode" > Return to "Settings" > Developer Options > Simulate Color Space > Monochrome



SILENCE NON-ESSENTIAL NOTIFICATIONS

Notifications are sneaky calls to action. They make us constantly look at our phones to check who liked our photos or know which hashtags are trending. Turn off non-essential social media or game notifications to fend off these distractions!



SET TIME LIMITS

Limit your time on social media to 30 minutes per day. Need more accountability? You can use your phone's Screen Time feature or apps to keep track of your social usage and set a limit.

APPS FOR TIME LIMITS AND TRACKING:

iPhone

- Moment
- Channel
- Hold

Android

- Social Fever
- AppDetox
- Stay on Task

Both

- Offtime
- Flipd
- Freedom



KNOW YOUR INTENTIONS

Ask yourself why you're on social media in the first place. Is it to genuinely connect with people? Keep up with pop culture? Relieve boredom? Whatever it is, ensure it's truly worth your time and makes you happy. Be honest!

What are your intentions?

How can you set yourself up for success?

Who can help hold you accountable?

Reflections & Actions

Research and identify 3 tools that will help you with screen time or social media management.

Then, audit your social media use for one 'typical' day by keeping a diary:

What prompts you to visit social media?

How long do you spend on each feed?

How does your mood affect your choices?

How do you feel afterwards?
