

5 Tips for Digital Detox

Resource sheet for the prevention of social media burnout



Take Time for Transitions

We are all becoming more accustomed to an increase in screen time in our everyday lives. Concentration and focus are both renewable resources that require replenishment on a regular basis. When we take time for intentional choices, we replenish our body and mind and participate in necessary self care. Encourage transition rituals and periods to help revitalise your classroom and restore energy.

Suggestions:

- Routinize classroom care activities. For example, in the morning, take a 5 minute classroom stretch together or integrate several minutes of a midday meditation
- To avoid working through the night, switch to a personal email account from your work email
- Take an afternoon nap or go for a walk on your break

Social Media Screening

Check in with yourself about how you are feeling after your social media consumption. Do the people/posts you follow make you feel good or are they creating a feeling of FOMO (fear of missing out) or causing you to become self critical?

Does this content make me feel good?



Reminder: Accounts can always be re-followed and apps can always be re-downloaded, it's okay to take a break!

Diversify Dialogue

Our media perspectives can often become distorted through algorithms, echo chambers, and filter bubbles. Connecting to other perspectives or content can increase your empathy, understanding, and communication.

For more information on algorithms, echo chambers, and filter bubbles, check out our [An Investigation into Social Media Lesson Plan](#)



Log Off

The excessive use of screens can negatively affect our physical and mental wellbeing.

Set clear tech use boundaries to avoid screen fatigue.

Suggestions:

- Keep your sleep routine screen free.
- In your calendar, schedule regular reminders for physical activity, such as a daily walk.
- Call your friends or send voice notes, instead of texting.
- Tune into a podcast or listen to a morning playlist, instead of checking your inbox in the morning.



Welcome Wellness

Engage in a self-inventory of your social media activities and reflect on your digital habits.

Reflection prompts:

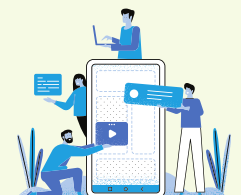
Does this app fulfill its purpose?
Am I participating in active or passive engagement?
What platforms are the most interesting to me?
How do I feel after using different apps?



You can use apps or communities to enhance your well-being and make intentional self-care routines. This can look like workout apps, meditation apps, habit trackers, mood trackers and even personalizing phone settings.

Virtual Suggestion:

A dedicated wellness "page" or "folder" on your phone with personalized app choices can serve as a passive reminder to include self care in your daily routine.



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