



BlueResource<sup>SM</sup> – Healthy Lifestyle – Detoxing from Social Media’s Harmful Effects

## Step Away from the Screen

We’re social creatures. Social media can be a fun way to connect with others. It can also cause harm. Too much time on social platforms is linked to loneliness, anxiety and depression. Try these tips to protect your mental wellbeing.

**Turn off your phone.** Block out time to go silent each day. Use it to focus on a project or connect face to face with a friend.

**Check your check reflex.** Limit the number of times you look at your social media. Wean yourself to once every hour, then wait longer spans of time.

**Cut off notifications.** Stop the barrage of buzzing, beeping and dinging alerts. Enjoy the quiet while you take control of your time and focus.

**Fast for seven days.** Stay off all social platforms for one week. Indulge in self-care activities that nurture your body and mind.

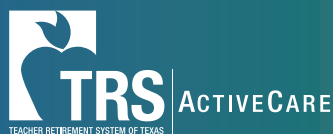
**Ban devices from the bedroom.** Sleep in a no-phone, no-device zone. Power everything down for the night and leave them in another room.



**Spend time off social media to nurture your mental wellbeing.**

Sources: *Social Media and Mental Health*. HelpGuide. 2023.  
*Seven-day Social Media Break Can Reduce Depression and Anxiety*. Open Access Government. 2022.

769199.0525



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