

HOW TO GET RID OF SOCIAL MEDIA ADDICTION



REMOVE APPLICATIONS OR TURN OFF SOCIAL MEDIA NOTIFICATIONS

Most people check social media mindlessly, so create a little barrier by turning off notifications. If you don't see a social media symbol or alert next time you pick up your phone, you're less inclined to spend time there.



TRY A NEW HOBBIES OR ACTIVITIES

A new interest or activity might reduce social media use. You'll have less time on social media and more time to be present and socialize in person.



NO SOCIAL MEDIA CHALLENGE

Challenge yourself to spend a particular amount of time without checking social media, whether it's for a few hours or a whole week.



SET AND KEEP TO BOUNDARIES

Most phones and tablets enable you to view how much time you've spent on specific apps. Set a time limit for yourself and stick to it, or use an app that bans social media once you've reached your limit.

