



5 top tips for a successful digital detox.

1. Track how much time you're currently spending on social media so you know your starting point.
2. Think about situations that trigger you to check social media and plan how you'll minimise these.
3. Replace social media use with something you enjoy so it doesn't feel like a punishment.
4. Let friends and family know you're trying a digital detox so they don't worry and can support you.
5. If cold turkey seems too hard, start by reducing your social media time or the number of platforms you use.
6. Reduce the negative impact of scrolling by unfollowing accounts that don't make you feel good.
7. Delete social media apps from your phone so they're harder to access.
8. Use a screen time tracker to measure whether you're successfully detoxing track your progress.