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Let's Take a Social Media Break

For better and for worse, social media is simply a part of our lives. Have you thought about how social media might affect your mental well-being? While it can be a healthy tool for self-expression and connection, it's important to take occasional breaks and balance with other activities. Let's explore some ideas!

Take a walk around the block.
Read a book.
Try doodling or crafting.

Play with a pet.
Try yoga or meditation.
Look at old photos and reminisce.

Call a friend or family member (bonus points for a video call!).
Invite someone over for dinner or drinks.

Organize a weekend brunch, hike, or shopping trip with friends.
Volunteer at a local food bank or other organization.

Go see some live music.
Check out an arcade.
Take a dance or martial arts class.

Take a trip to a local museum.
Try your hand at gardening.
Gather some friends or family and play a board game.

Making some tweaks to your social media use may help prevent poor self-image, anxiety, depression, loneliness, and even poor sleep. Besides, there are many other ways to relax, connect with others, and find entertainment!

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