



MODULE 6

SOCIAL MEDIA DETOX AND DIGITAL WELL-BEING



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Lesson 6.1

Social Media Detox Strategies



ERASMEDIAH

Educational Reinforcement Against
the Social Media Hyperconnectivity



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Lesson 6.1

Social Media Detox Strategies

Objectives:

- To help participants understand the impact of excessive social media use on mental health and well-being.
- To introduce practical strategies for creating a healthier balance with social media.
- To foster critical thinking about personal digital habits.

Key Message(s):

- Social media can impact mental health, but mindful usage can reduce negative effects.
- A social media detox doesn't mean complete abstinence—it means reclaiming control.
- Simple steps, like setting limits and prioritizing offline activities, can make a significant difference.



TYPE OF LESSON:





Lesson Overview

In today's lesson, we'll explore the concept of a social media detox, why it matters, and how to approach it. Participants will assess their own usage patterns, identify signs of digital burnout, and develop personalized strategies for healthier online habits.

The workshop is organized into 4 steps:

1. Introduction to balancing Social Media usage (10 min)
2. Assessing Social Media Usage (15 min)
3. Crafting a Detox Plan (15 min)
4. Closing Discussion & Commitments (5 min)



Step 1

Introduction to balancing Social Media usage

Social media plays a significant role in our lives, but it's essential to recognize how it can impact our mental health and daily routines.

We'll begin with a short video that delves into how social media usage can affect mental health and well-being. It's crucial to consider both the positive and negative effects that digital platforms may have on our lives.

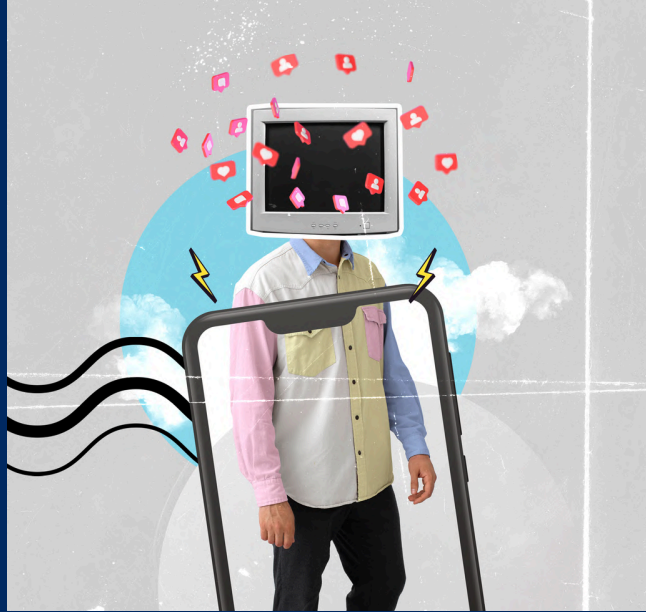
Suggested Video:

[Mental Health and Social Media](#)

Discussion Points:

How does social media affect our daily lives and mental health?

What are the signs that you might need a social media detox?



Step 1

Introduction to balancing Social Media usage

Social media often fosters comparisons with others, creating pressure to present a "perfect" version of ourselves. Seeing posts of vacations, milestones, or achievements can evoke a fear of missing out (FOMO) or the belief that others lead more successful lives. While staying connected online can be enjoyable, this habit may harm self-esteem and well-being over time.

Comparisons on social media can also negatively impact mental health, contributing to anxiety, depression, or loneliness. In some cases, they may influence body image concerns or disordered eating. Additionally, excessive use—especially with negative interactions—is linked to sleep difficulties. Spending less time online can reduce these risks, freeing up time for activities that promote mental and physical health.



Step 2

Assessing Social Media Usage

SELF-ASSESSMENT QUESTIONS

1. How many hours do you spend on social media daily?
2. Do you often compare yourself to others on social media?
3. Do you feel anxious or stressed when you can't access social media?
4. Do you find it hard to concentrate after spending time on social media?
5. Have you ever felt your mood worsen after viewing posts online?
6. Do you use social media as a way to avoid responsibilities or difficult emotions?
7. Have you ever stayed up late scrolling through social media, even when you were tired?
8. Do you feel pressured to respond quickly to messages or comments on social media?
9. Have you ever deleted a post because it didn't get enough likes or attention?
10. Do you feel that social media affects your self-esteem or body image?



Step 2

Assessing Social Media Usage

Take a moment to reflect on your social media habits by answering the following questions on the self-assessment questionnaire:

- How many hours do you spend on social media daily?
- Do you often compare yourself to others on social media?
- Do you feel anxious or stressed when you can't access social media?

Spend 5-10 minutes completing the questionnaire, and then prepare to share your insights with the group.

After completing the questionnaire, you will join small groups to discuss your answers. This will give you an opportunity to reflect on your experiences and hear from others about how social media affects well-being.

Discussion Prompts:

- What surprised you about your answers?
- How do you think social media impacts your emotions and productivity?

As you share your thoughts, listen to others' experiences and notice any common themes. Afterward, we will come back together as a group to summarize key insights and reflections from the discussion.



Step 2

Assessing Social Media Usage

How much time you choose to spend on social media depends on your personal preferences, lifestyle, and reasons for use—whether for entertainment or professional networking. Setting healthy limits can help avoid negative impacts. If you're frequently online, consider starting with a balance that doesn't interfere with your sleep, work, or mental health.

For adults, leisure screen time—including social media—should generally be less than two hours per day. An effective approach is to limit usage to short, specific periods, such as 20 to 30 minutes, three times a day, ensuring it doesn't disrupt productivity or personal interactions.

For younger users, like school-aged children and teens, a good rule of thumb is to aim for three hours of offline activities for every hour spent online. Families can discuss and set reasonable targets together.

This information aligns with your self-assessment responses and can guide you in evaluating how your current habits compare to these recommendations.



Step 3

Crafting a Detox Plan

Take some time to craft a detox plan that is tailored to your lifestyle and goals. Your plan should help you reduce the time spent on social media, while focusing on maintaining your well-being. Here's how to create a plan that works for you:

1. Set Clear Goals:

- Think about what you hope to achieve with your social media detox. For example, you might aim for better focus, improved mood, or more free time away from screens.

2. Establish Boundaries:

- Set limits on how much time you'll spend on social media each day. For instance, you could set a screen time limit of two hours per day.
- Turn off notifications to minimize distractions and temptations to check your phone.
- Designate certain times as "no social media" zones (e.g., during meals, before bed, or while spending time with family).

3. Replace with Offline Activities:

- List alternative activities to replace your social media time. These could include hobbies, exercise, reading, or spending quality time with friends and family.



Step 3

Crafting a Detox Plan

4. Track Progress:

- Decide how you will monitor your success. You could use journaling, an app like “Screen Time” for iOS or “Digital Wellbeing” for Android, or simply track your screen time manually.

5. Maintain Accountability and Motivation:

- To keep your detox plan on track, consider including the following strategies:
 - Use apps to monitor and restrict screen time.
 - Create a "no-phone" zone in your home, such as the dining room or bedroom, to avoid temptation.
 - Involve friends or family in your plan for mutual support and encouragement.
 - Reward yourself for reaching milestones, like enjoying a tech-free evening with a favourite treat or activity.

Once your plan is complete, share parts of it with the group or a partner. Encourage one another and offer suggestions to make your detox plans easier to maintain over time.

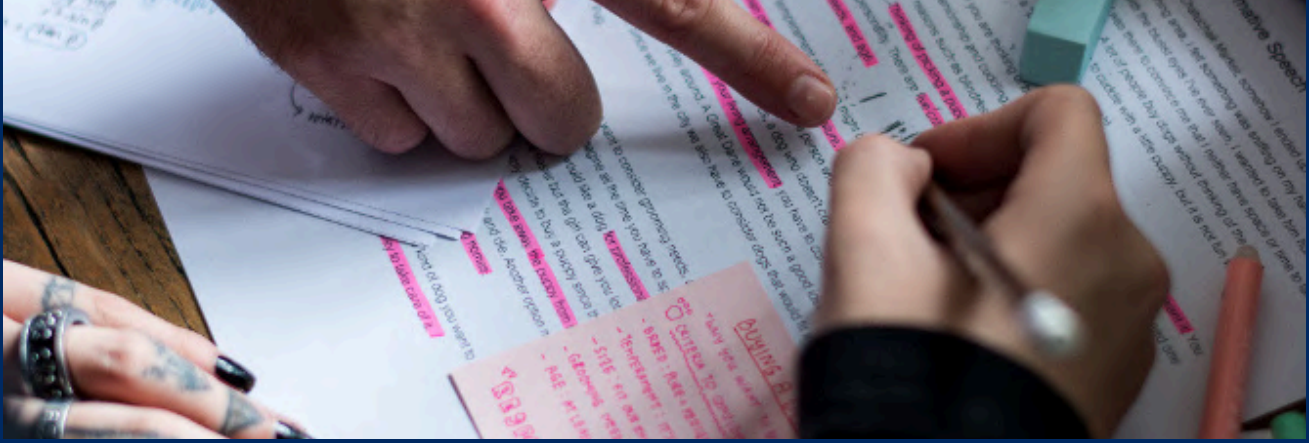
Closing Discussion & Commitments

Prioritizing mental health in a digital age is crucial for maintaining balance and well-being. Remember that the changes you make, no matter how small, can have a lasting positive effect on your life. Continue to be mindful of your digital habits and support each other as you work toward healthier practices.

Reflection Questions:

- What is one thing you'll do differently starting today?
- How can you support others in your life to develop healthier habits?





Key Takeaway Summary

- **Think Critically:** Reflect on how social media affects your well-being and mental health. Don't ignore the signs of digital burnout.
- **Set Boundaries:** Create a healthy balance by limiting screen time and prioritizing offline activities.
- **Monitor Your Habits:** Track your social media usage and assess its impact on your mood and productivity.
- **Engage in Offline Activities:** Replace excessive screen time with activities that promote your mental and physical health.
- **Share & Support:** Encourage friends and family to join you in creating healthier social media habits.



Instructions for youth workers, educators, and teachers

Objective:

This lesson is designed to help youth workers, educators, and parents guide young people in developing healthier relationships with social media. Participants will assess their current social media habits, and create personalized strategies for a balanced online-offline life, all while considering the impact of social media on mental health.

Materials Needed:

- Projector and screen
- Speakers
- Laptop or device for video playback
- Handouts with self-assessment questionnaires
- Notebooks or paper
- Pens or pencils





Step 1: Introduction to balancing Social Media usage (10 Min)

Warmly welcome the participants, introducing the session's objective to balance social media use for better mental health. Present a brief overview of the workshop structure, followed by a short video:

Suggested Video:

[Mental Health and Social Media](#)

Discussion Points:

- How does social media affect your daily life and mental health?
- What are the signs that you might need a social media detox?

Additional Insight:

Social media fosters constant comparisons, leading to pressures to present a "perfect" image. This often leads to a fear of missing out (FOMO), which can harm self-esteem and create anxiety, depression, or loneliness over time. Reducing social media time can ease these effects and improve overall well-being.





Step 2: Assessing Social Media Usage (15 min)

Activity:

Distribute a self-assessment questionnaire to participants or show the questions and let participants think about them to help them reflect on their social media usage. Questions might include:

- How many hours do you spend on social media daily?
- Do you often compare yourself to others on social media?
- Do you feel anxious or stressed when you can't access social media?
- Do you find it hard to concentrate after spending time on social media?
- Have you ever felt your mood worsen after viewing posts online?
- Do you use social media as a way to avoid responsibilities or difficult emotions?
- Have you ever stayed up late scrolling through social media, even when you were tired?
- Do you feel pressured to respond quickly to messages or comments on social media?
- Have you ever deleted a post because it didn't get enough likes or attention?
- Do you feel that social media affects your self-esteem or body image?

Group Discussion:

Have participants share insights from their self-assessments in small groups, discussing:

- What surprised you about your answers?
- How do you think social media impacts your emotions and productivity?





Step 3: Crafting a Detox Plan (15 min)

Provide participants with a template to create their personalized social media detox plan. Example strategies include:

- Set Clear Goals: Define what you want to achieve (e.g., reduced stress, improved sleep).
- Establish Boundaries: Set daily screen time limits or designate "no social media" times.
- Replace with Offline Activities: Choose hobbies or social activities to replace online time.
- Track Progress: Monitor your success through journaling or apps like "Screen Time" or "Digital Wellbeing."

Sample Social Media Detox Plan

Objective:

To create a balanced and mindful approach to social media use to reduce stress and improve overall well-being.

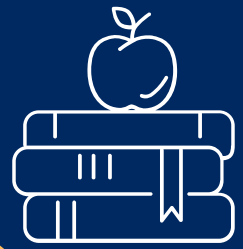
1. Set Clear Goals

- Goal 1: Spend no more than 1 hour per day on social media (total combined across platforms).
- Goal 2: Reduce the time spent comparing myself to others on social media.
- Goal 3: Improve my sleep quality by avoiding social media 1 hour before bedtime.

2. Establish Boundaries

- Set a limit of 1 hour of social media use per day.
- No social media during meals and in bedroom
- Weekends without Social Media





3. Replace with Offline Activities

- Go for a 30-minute walk or do 20 minutes of stretching in the morning or evening (replacing social media time).
- Dedicate 30 minutes each evening to a hobby I enjoy (e.g., reading, painting, journaling).
- Spend at least 1 hour per day engaging in face-to-face interactions with friends or family (e.g., cooking together, talking, or playing a board game).

4. Track Progress

- Write down my reflections daily, noting how I feel about reducing screen time, my moods, and any challenges.
- Monitor how my sleep, productivity, and emotions change over time.
- Share my plan with a friend or family member and ask them to check in with me weekly on my progress.

5. Reward System

- If I stick to my detox plan for the week, reward myself with something I enjoy, like a special treat or a night out with friends.
- If I meet my detox goals for the entire month, reward myself with a day off social media or a fun activity, like a movie day or hiking.

Final Thought:

This plan will help me develop healthier digital habits, improve my mental well-being, and create space for more fulfilling offline activities. By being mindful of my social media use, I can take control of my digital habits and avoid the stress of constant online engagement.





Step 4 Closing Discussion & Commitments (5 min)

Ask participants to think about and answer:

- What is one action you'll start today to improve your digital wellbeing?
- How can you support others in adopting healthier habits?

Encourage participants to briefly share their commitment with the group.

Recap Key Takeaways such as:

- Small, intentional changes can improve digital well-being.
- Awareness of habits is the first step.
- Support systems help maintain healthier habits.

Reflection Questions:

- What is one change you'll make today to improve your digital well-being?
- How can you support others in your life to build healthier habits?

Key Takeaways:

- Small, intentional changes can improve your mental and physical well-being.
- Developing awareness of your social media habits is key to making positive adjustments.
- A supportive network can help sustain your social media detox.





Follow-Up and At-Home Activities

- Daily Check-In: Encourage participants to reflect on their social media usage each day for a week.
- Accountability Partner: Pair participants to support each other in their detox goals.

Tips for Teachers:

- Be empathetic and non-judgmental.
- Encourage open dialogue about the challenges of reducing social media use.
- Adapt the session for different age groups by simplifying language or examples.





Tools

Screen Time - StayFree (Android)



Sensor Tower's StayFree can help you block apps and set thoughtful usage limits.

[LINK](#)

Journal (iOS)



Journal can help you capture and write about the details of everyday moments and special events such as monitoring your detox plan.

[LINK](#)



References

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QUIZ

1. What is the primary objective of a social media detox?
 - A. To completely avoid social media for an extended period.
 - B. To reduce social media usage to improve mental well-being.
 - C. To spend more time on social media platforms.
 - D. To learn to post more frequently on social media.

2. Which of the following is a sign that you may need a social media detox?
 - A. Feeling more connected and productive after using social media.
 - B. Constantly checking social media even when other important tasks need attention.
 - C. Spending more time offline than online.
 - D. Using social media as a tool for relaxation and stress reduction.

3. What is one strategy for maintaining accountability during a social media detox?
 - A. Use apps to track and limit social media time.
 - B. Increase social media usage progressively each week.
 - C. Avoid discussing your detox plan with anyone.
 - D. Limit offline activities to once a week.





QUIZ

4. How can comparisons on social media negatively impact mental health?
- A. They can lead to a fear of missing out (FOMO) and negatively affect self-esteem.
 - B. They make people feel more confident about their own achievements.
 - C. They help people connect with others who share similar interests.
 - D. They encourage healthier body image perceptions.
5. What is a key step in crafting a personalized social media detox plan?
- A. Setting clear goals for reducing social media usage and establishing daily time limits.
 - B. Ignoring offline activities to focus entirely on reducing screen time.
 - C. Only using social media for work-related purposes.
 - D. Increasing social media usage on weekends.





Solutions

Question 1: B

Question 2: B

Question 3: A

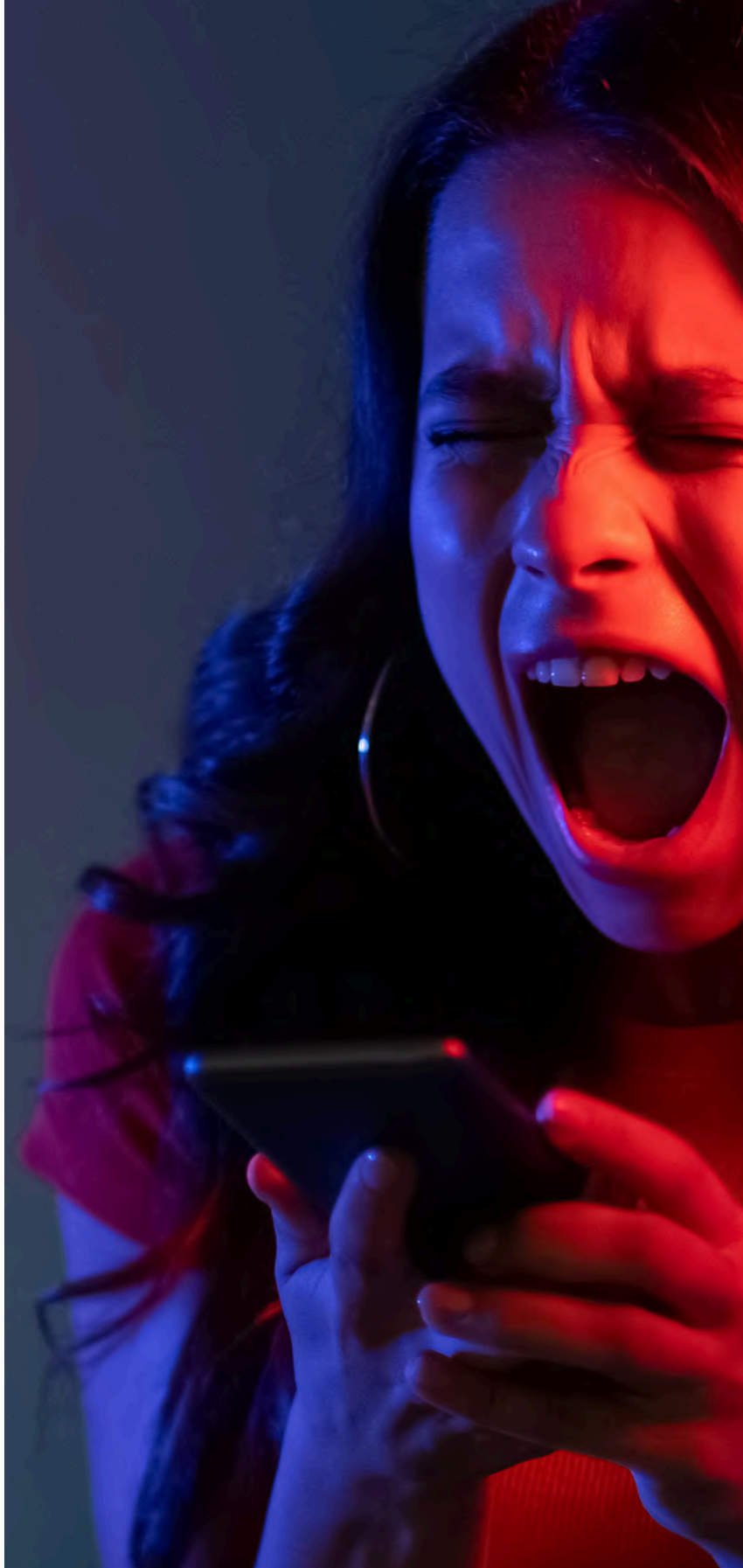
Question 4: A

Question 5: A





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