

## Social Media Cleanse (Mediation)

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Task inspired by:

- an **article about digital detox** on this website: <https://theeasywisdom.com/what-is-digital-detox/?srsltid=AfmBOop7yicEvVFxlyutWdBmr0C-6vlaXggmpKEhmCQiQEuX2Ldeo1W>)
- U9 B (Article **11 ways to tidy up your digital life**, page 151, English File B1, 4<sup>th</sup> ed.)

Level: **High Intermediate – Upper-Intermediate**

### Mediation Task

Your friend Manila, from Portugal, has sent you this message: *Help! I think I'm hooked on social media and I need to tidy up and get my life back. What can I do?* Send her an audio message and tell her some tips using the info in the picture below (1'30'')

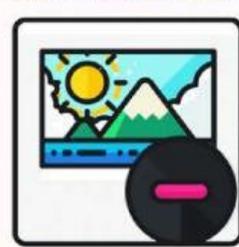
# SOCIAL MEDIA CLEANSE

## 7 STEPS TO SOCIAL MEDIA CLEANSE

TURN OFF SOCIAL MEDIA NOTIFICATIONS OR SWITCH TO DND MODE



UNTAG OLD AND UNNECESSARY PHOTOS





UNFOLLOW OR UNFRIEND PEOPLE WHO ANNOY OR DISTURB YOU



MINIMISE SOCIAL MEDIA USAGE TO 20 MINUTES PER DAY

Goodbye

LEAVE UNINSPIRING OR UNPRODUCTIVE FACEBOOK OR WHATSAPP GROUPS



UNFOLLOW CONVERSATIONS THAT DISTURB YOU



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