

## How to Decrease Your Social Media Usage

If you're thinking about spending less time on social media, here's a simple plan to help. First, set clear goals for yourself. Decide how much less time you'd like to spend on social media each day. After that, you \_\_\_\_\_(1) figure out what makes you use social media too much.

It could be when you're bored or stressed. When you recognize these moments, you \_\_\_\_\_(2) find other things to do, like reading a book, going for a walk, or doing a hobby. It's also \_\_\_\_\_(3) organize your phone better. Put social media apps where they're not easy to find or in folders. This can help you avoid using them mindlessly. Set specific times for social media use each day, and you might want to use phone features or apps that can help you stick to these limits. Turning off notifications can also be a good idea to avoid distractions. Lastly, it's \_\_\_\_\_(4) let your friends and family know about your plan to use social media less. They can support you and help you stay on track. By following these steps, you can decrease your social media use and have a more balanced and thoughtful online experience.