



5 WAYS ^{TO DO}

SOCIAL MEDIA

DETOX

EASY



USE ALARM CLOCK

instead of the alarm clock on your phone.



TURN ON FLIGHT MODE

When you're working or before sleep.



SET SCHEDULE

Set a limit time on social media.



FIND HOBBY

To disconnect from social media.



DELETE APPS

Refrain from social media for 3-5 days.

CHALLENGE

