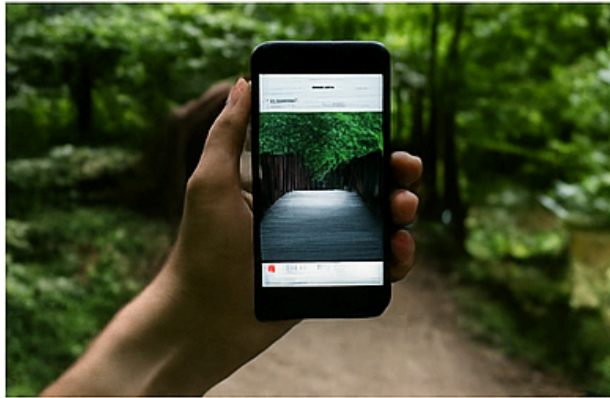




SOCIAL MEDIA DETOX GUIDE

A GENTLE RESET FOR YOUR MIND, BODY & SPIRIT



Why a Social Media Detox?

We live in a world that never stops scrolling. Between the news, opinions, curated images, and digital noise, it's easy to lose touch with yourself. This gentle detox is not about punishment or restriction—it's about **reclaiming your peace**, protecting your energy, and creating space for real connection.

Whether you're stepping away for a weekend or a few weeks, this guide will help you reset with intention and care.

STEP 1

Set Your Detox Intention

Take a quiet moment to ask yourself

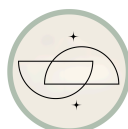


What do I want to feel more of? (e.g., peace, clarity, connection)

What do I want to feel less of? (e.g., anxiety, overstimulation, comparison)

What am I hoping to gain by stepping back?

Write it down or say it out loud: "I am choosing this detox to reconnect with what truly matters."



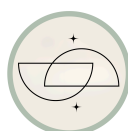
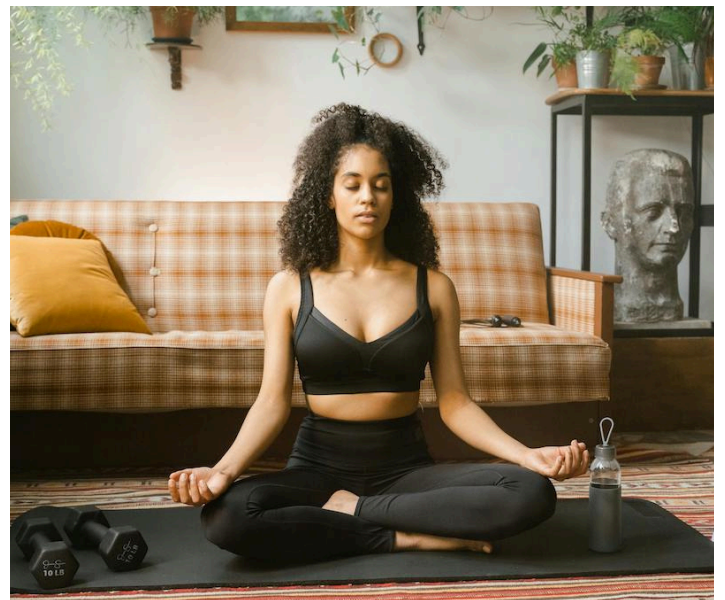
STEP 2

Prep Your Space

Make it easy to stay offline by preparing your environment.

- Delete or log out of social apps temporarily
- Turn off notifications (email, DMs, likes)
- Move apps off your home screen or use grayscale mode
- Let close friends/family know you're taking a break

Optional: Use a blocker app (like Freedom or Offtime) to reinforce boundaries.



STEP 3

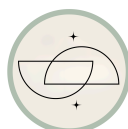
Choose Your Detox Length

Pick what feels right for you

- 24-Hour Mini Reset
- 3-Day Weekend Refresh
- 7-Day Clarity Cleanse
- 14+ Day Deep Reconnect



There's no perfect number. Choose what your mind and heart need.



STEP 4

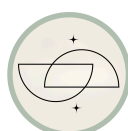
Fill the Space Intentionally

You're not just removing something, you're replacing it with nourishment.



Here are soul-nurturing swaps:

Instead of...	Try...
Scrolling in bed	Morning journaling or meditation
Mindless TikToks	A calming walk or stretching
Posting to be seen	Calling a loved one
Reading comment threads	Reading a chapter of a book
Checking likes	Checking in with your body



STEP 5

Check In Daily (Gently)

Use these questions to stay grounded

How do I feel today without social media?

What am I noticing about my energy and attention?

Where can I redirect my focus?

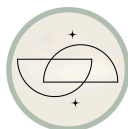
Am I being kind to myself in the process?

Keep a journal or voice memo. Your reflections will show you how far you've come.

Optional Practices to Deepen Your Detox

These are not rules—just invitations to reconnect.

- Nature Time: Spend 15+ minutes outside daily, phone-free.
- Hydration Check: Keep a water bottle nearby as you reset.
- Phone-Free Zones: Try device-free mornings or meals.
- Sound Cleanse: Trade social noise for soothing music or silence.



STEP 6

Re-Entry Plan (If You Decide to Return)

If and when you're ready to come back, return with clarity and intention.

Ask yourself:

What boundaries do I want to set?
(time limits, no-scroll zones)

Who do I want to follow—and unfollow?

What types of content feel nourishing, not draining?

How can I stay rooted in my real life even when I'm online?

You get to rebuild your digital world in a way that protects your peace.



Remember: You Don't Owe Anyone Your Energy

Your worth is not defined by likes, followers, or online opinions.

Your peace is priceless.

You are allowed to rest, log off, and protect your joy.

May this detox bring you back to yourself—softly, gently, and with love.

