

## - Social networking

# 10 tips to improve your relationship with social media

BusinessMirror · 3 Aug 2022 · B5

TECHNOLOGY, especially social media, is an innovative and helpful tool that makes life more convenient and enjoyable. However, it has become so entertaining and addicting that it became a challenge to close apps and switch off gadgets—eventually disconnecting us from ourselves and reality.

To guide the public into healthier social-media use, philosopher, writer and poet Susanna Newsonen, the author of *Notes on Self-love, Happiness is Here* and *Screw Finding Your Passion*, has shared her observations.

“Our relationship with technology has become increasingly heavy and complex, adding weight to our shoulders that wasn’t there before,” she noted. “Some days, it feels like these advancements in tech have surpassed us and our ability to handle them.”

The Benilde Well-being Center (BWC) of the De La Salle-college of Saint Benilde, along with Newsonen, believe that establishing a better and healthier relationship with social media is a choice.

From the sought-after life coach, positive psychology practitioner and keynote speaker, here are some pointers from Psychology Today, the world’s largest mental health and behavioral science destination online:

1. **BEDROOM IS A TECHNOLOGY-FREE ZONE.** You and your body deserve a good night’s sleep. No scrolling means no dopamine that keep you awake. No screens means no blue light. This results in better sleep cycles.

2. **START YOUR DAY BY BEING 30 MINUTES OFFLINE.** Connect with yourself instead. Journal. Meditate.

Stretch. go for a jog. get some fresh air. Simply enjoy your morning tea, coffee or juice in complete silence and mindfulness.

3. **DELETE PUSH NOTIFICATIONS.** Unless you’re waiting for an important call, there is no reason to stay glued to your smartphone. Have dedicated times to check alerts.

4. **LIMIT SCROLLING TIME.** give yourself limited times to use social media. Don’t scroll out of boredom.

5. **SOCIAL-MEDIA AUDIT.** List all social-media platforms you use. Identify what you like about each one. Review what you don’t. Decide what you want to let go.

6. **REVIEW THE ACCOUNTS YOU FOLLOW.** Which ones inspire you, make you feel good or you like interacting with?

Which ones are you following simply because they’re popular? You get to choose what you see on your feed. Make sure you produce a feed that motivates and informs you.

7. **STOP FEELING THE PRESSURE TO POST.** Just because people are doing it doesn’t mean you have to. You can post anything or nothing. Simply do whatever you feel like doing. Do it for yourself and not for the likes. Most importantly, be real.

8. **END YOUR DAY BY BEING 30 MINUTES OFFLINE.** Reflect on the things that you were grateful for in your day. Do another round of meditation. Simply read a good book.

9. **HAVE AT LEAST ONE MORNING, AFTERNOON OR DAY OFFLINE EVERY WEEK.** enjoy life the old-fashioned way: Hang out with friends. Cook. Bake. garden. exercise. No tablets. No TVs. No phones.

10. **AUTOMATE REPLIES DURING HOLIDAYS.** Have dedicated offline holidays. Disconnect from the online world. Set up vacation replies when you are out of town or on leave.