ADDICTED TO SOCIAL MEDIA?

Do you feel like you spend too much time on social media?

Here are ways to reduce it.

1. Leave your phone in another room.

4. Spend time with your family or friends, without the phone.

2. Use the mute or unfollow button.

5. Leave your phone 10 min. before going to bed.

3. No phones on the table.

6. Use "Screen Time" in your phone.