

Stop Scrolling: Tips on Tackling Excessive Social Media Use

Social media connects us with friends, family, and the world at large. However, we often find ourselves doomscrolling and using social media excessively. Research has shown that overuse of social media can have a detrimental impact on our mental health, focus, and overall wellbeing. With that in mind, the benefits of stepping back from social media can be valuable.

Six key tips to tackle excessive social media use:

Bring Awareness to Your Social Media Use

Awareness is an essential catalyst for any behaviour change. This can be challenging, as we often engage in mindless scrolling and are unconsciously in autopilot. Recognising when you are most likely to engage in excessive social media use and whether there are certain triggers (e.g., feeling bored) can help you bring awareness to your use.

Measuring App Usage

The saying, “what gets measured gets managed”, remains true for social media use. Many smartphones have tracking tools that allow insight into your app usage. Monitoring this can be eye-opening and allows you to identify the apps that are the worst offenders, and when you’re most likely to use them.



Limit Your Use

Smartphones allow you to set limits on your usage for each app, which can help you to create a healthier balance. Other ways to limit your social media usage include switching your phone to greyscale mode, making social media less enticing, turning off notifications, or deleting apps off your device completely.

Make Your Bedroom a Screen Free Zone

Your bedroom should be a space for sleep, not scrolling. Eliminating screen usage first thing in the morning and as you fall asleep will positively impact your wellbeing. It can drastically improve your sleep quality and your mood in the morning. Charge your phone in a different room. If you rely on your phone as an alarm, consider investing in an alarm clock.

Replace the Habit with Other Activities

We are prone to excessive social media use because of the rush of dopamine it provides, which keeps us coming back. While reducing social media use can help regulate this system, it is important to engage in other activities and experiences that bring us joy and satisfaction, such as drawing, cooking, joining a sport's club, or volunteering.

Treat Yourself with Self-Compassion

Finally, it's important to treat yourself with self-compassion as it's not easy to change our habits. If you find that you are struggling to make changes and your social media use is negatively impacting your life, don't hesitate to seek help, whether that be through a friend, family member, or a professional

Remember, the **24/7 wellbeing support programme** is always there when you need to seek support.

