

Scroll Less, Live More

Setting Healthy Boundaries
with Social Media

Melissa Brumm of

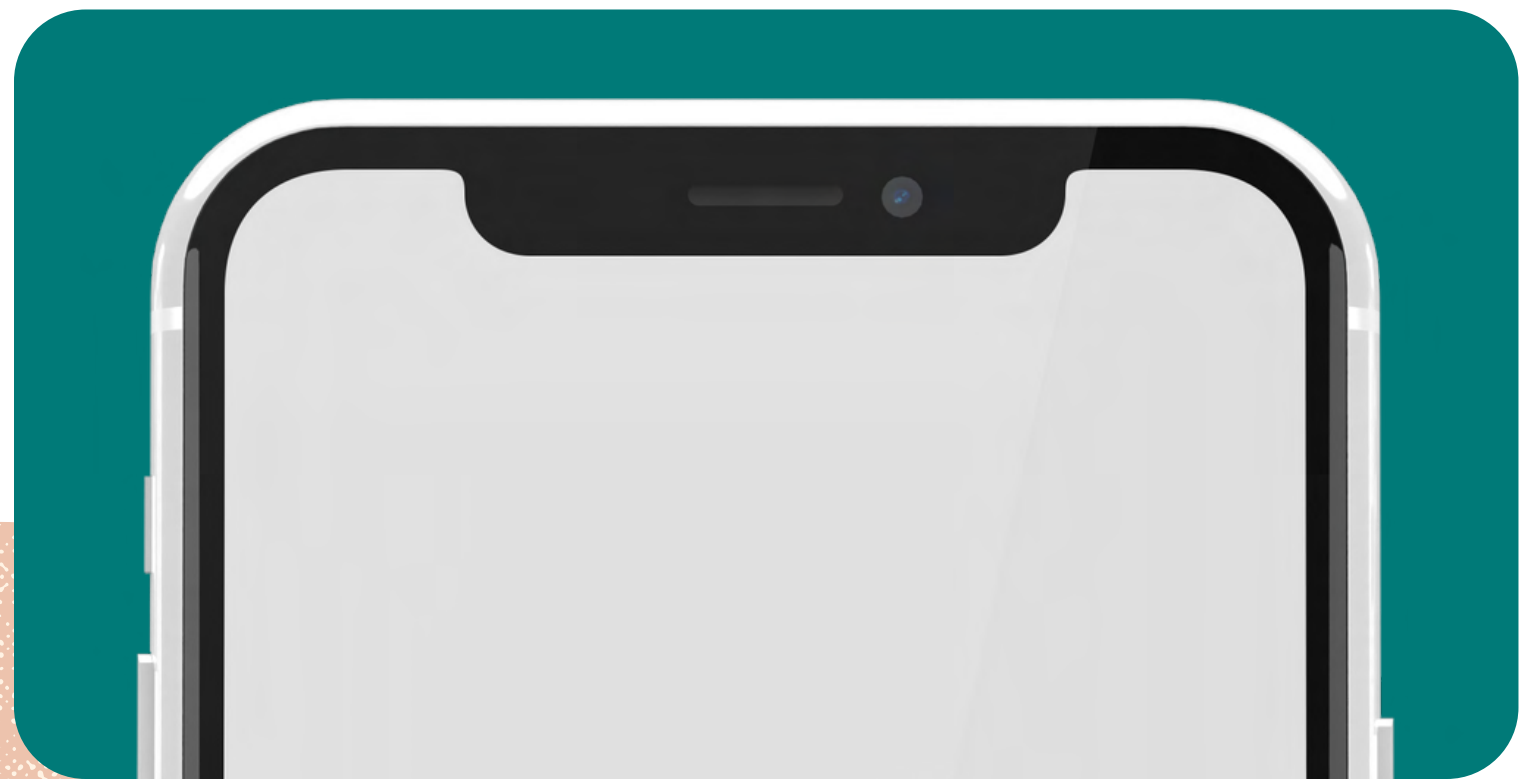
SLOW LIFE *Revolution*



How much time...

do you think you spend on your phone per day?

**Write down what
you think.**

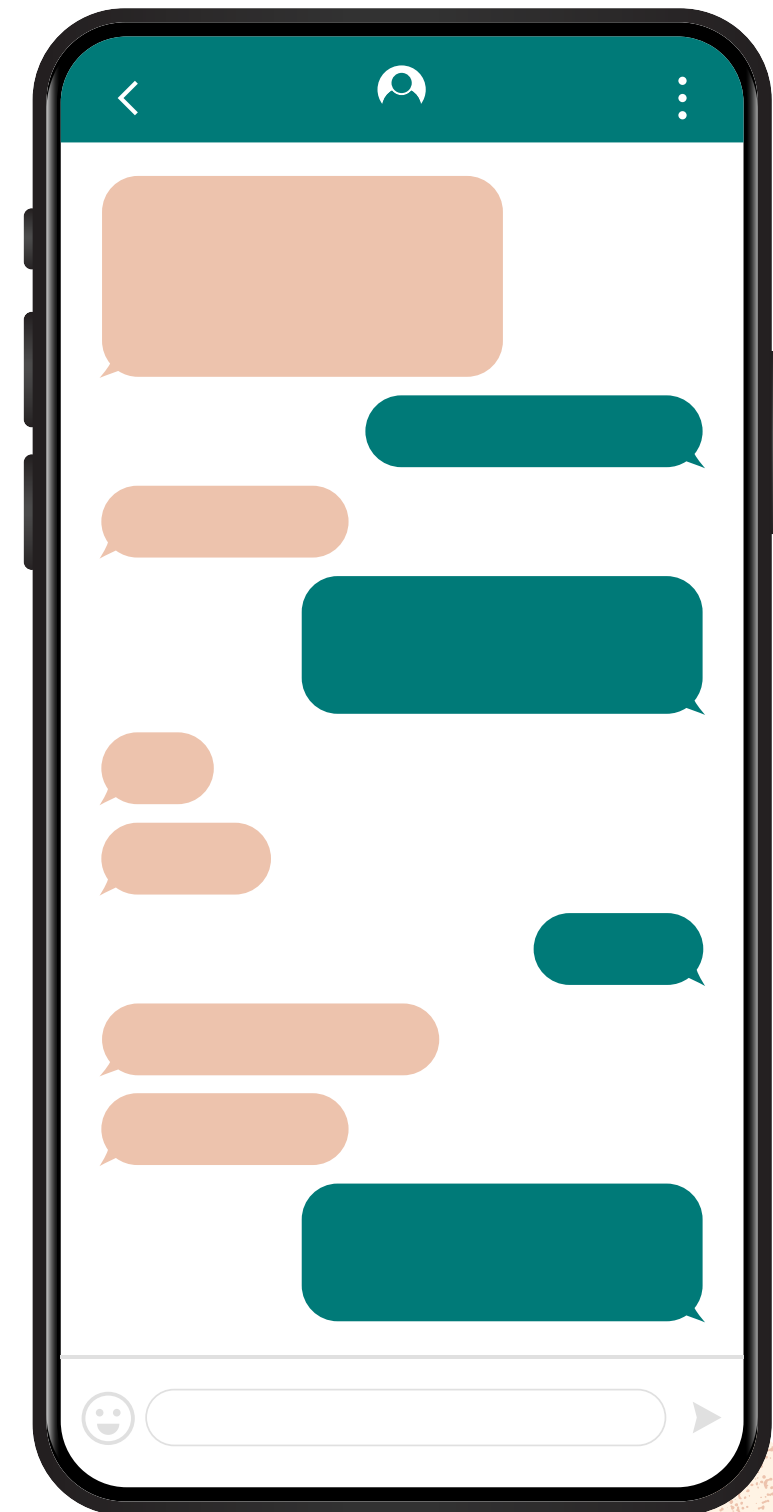


Check your actual amount of screen time

Go to **Settings**, then:

- **iPhone:** Screen time
- **Android:** Digital Wellbeing

View by weekly or daily average
View time spent on each app



Thoughts?

Is that number surprising?

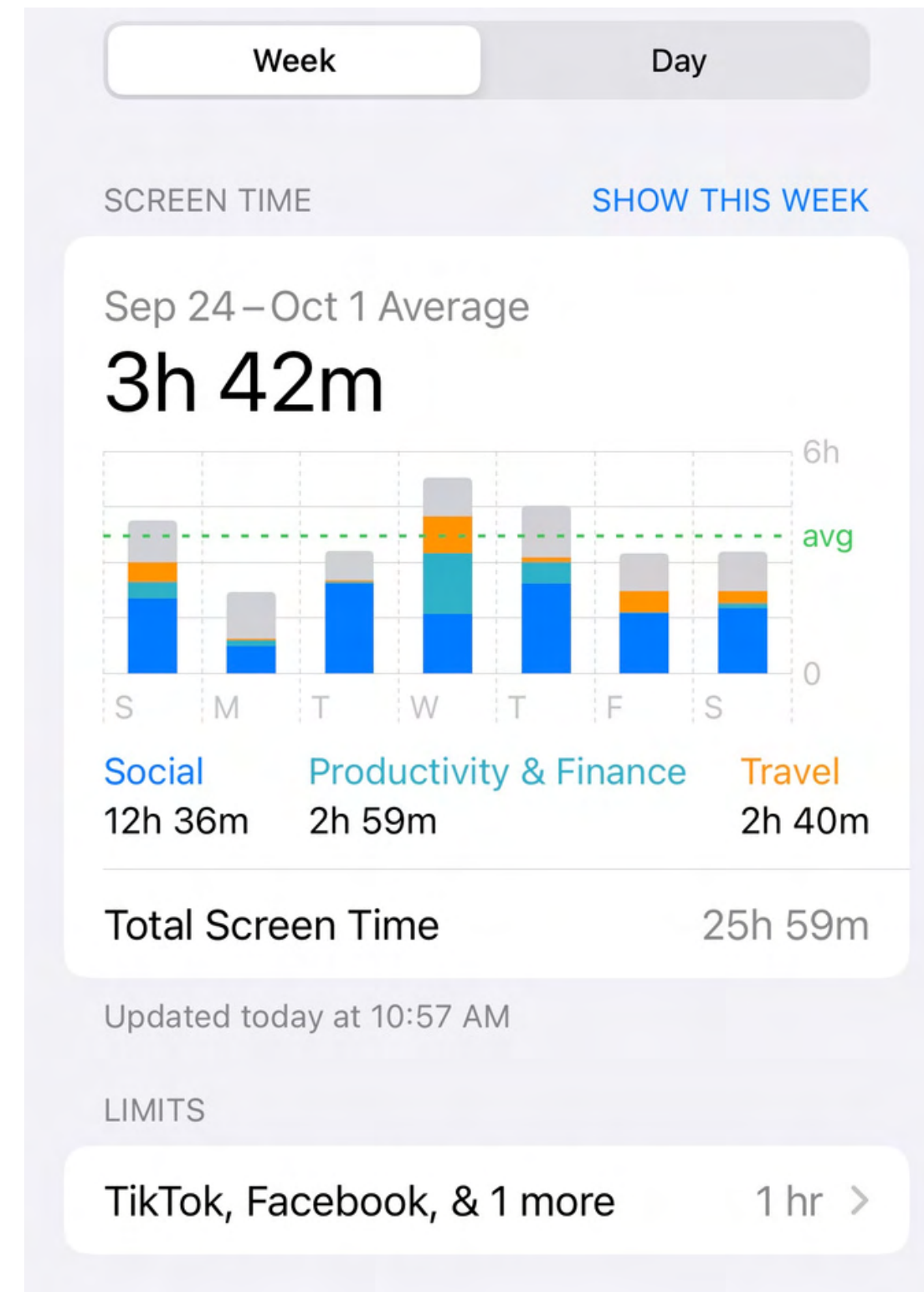
Is it more or less than you expected?



My Phone Screen Time

Average time on phone:

- ~3.5hr/day
- ~25 hours/week
- That's a part-time job!

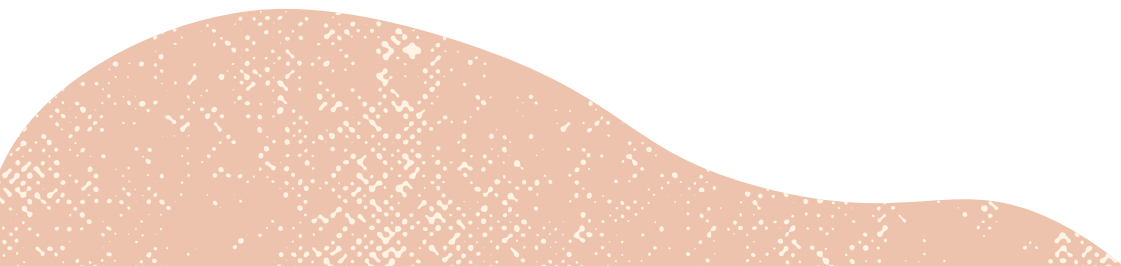


That number is the Time you could be...

- working on your business
- making money
- learning a new skill
- being creative
- writing a book
- engaging with the people in your life
- reading more books
- sleeping
- going after your dreams



Take A Breath.



Social media isn't bad

- It keeps us connected and inspired
- It can be educational
- It's a good tool for your business
- It's fun!

It's HOW we spend our time that needs to be addressed.



It's when we use social media to:

- scroll mindlessly
- disengage from our lives
- procrastinate
- avoid doing hard things
- compare ourselves, feel hopeless
- not look people in the eye
- not get enough sleep
- not grow or go after our dreams

That's when it's a problem

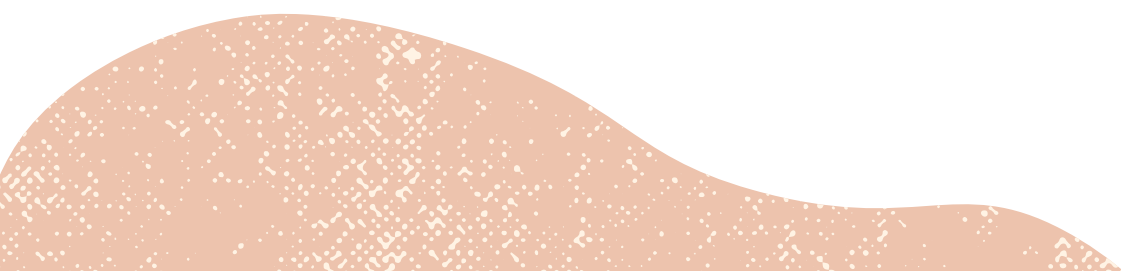


Social Media can prevent us from:

- engaging with our real lives
- having better relationships
- getting better sleep
- acknowledging what's truly important to us and how we want to live
- going after our dreams

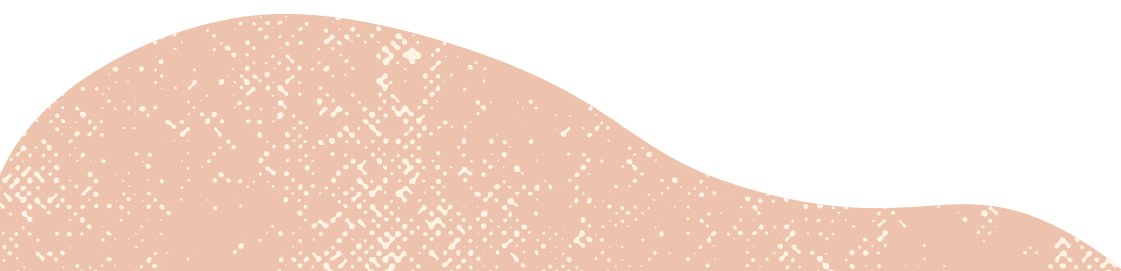


Average Time Adults Spend on Social Media?



Average Time Adults Spend on Social Media

- 2.5 hours on social media/day
- 15 hours/week



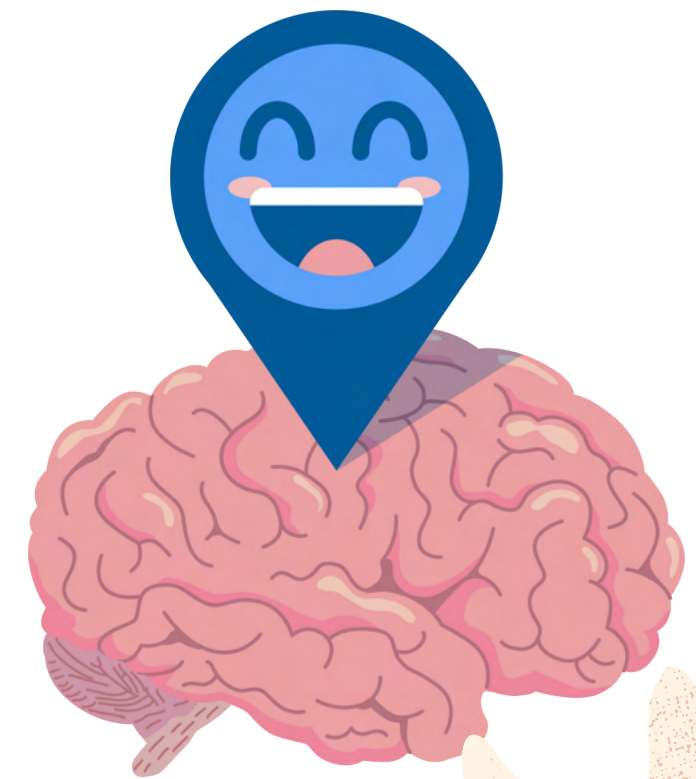
Your Brain on Social Media



Excitement in not knowing what you'll see:

- New posts
- Cute photos
- Entertaining videos

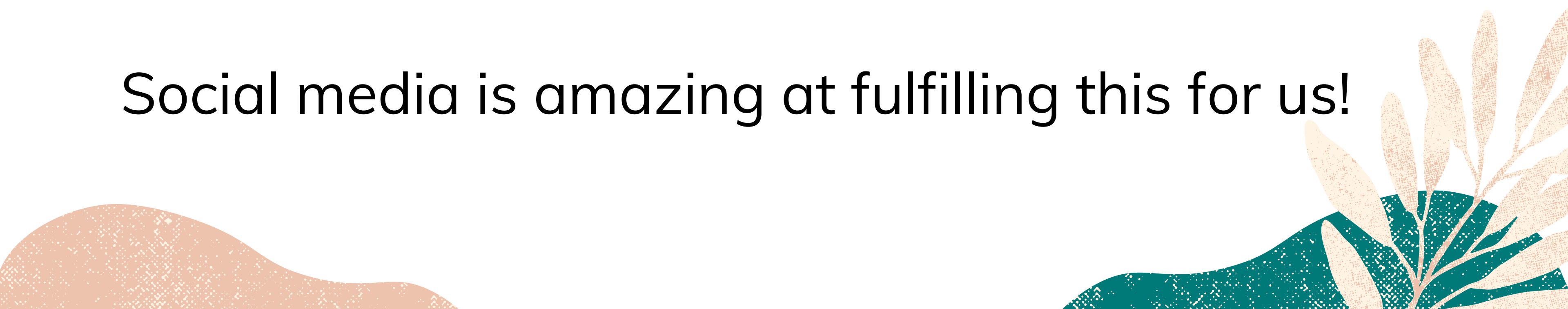
Brain releases dopamine.



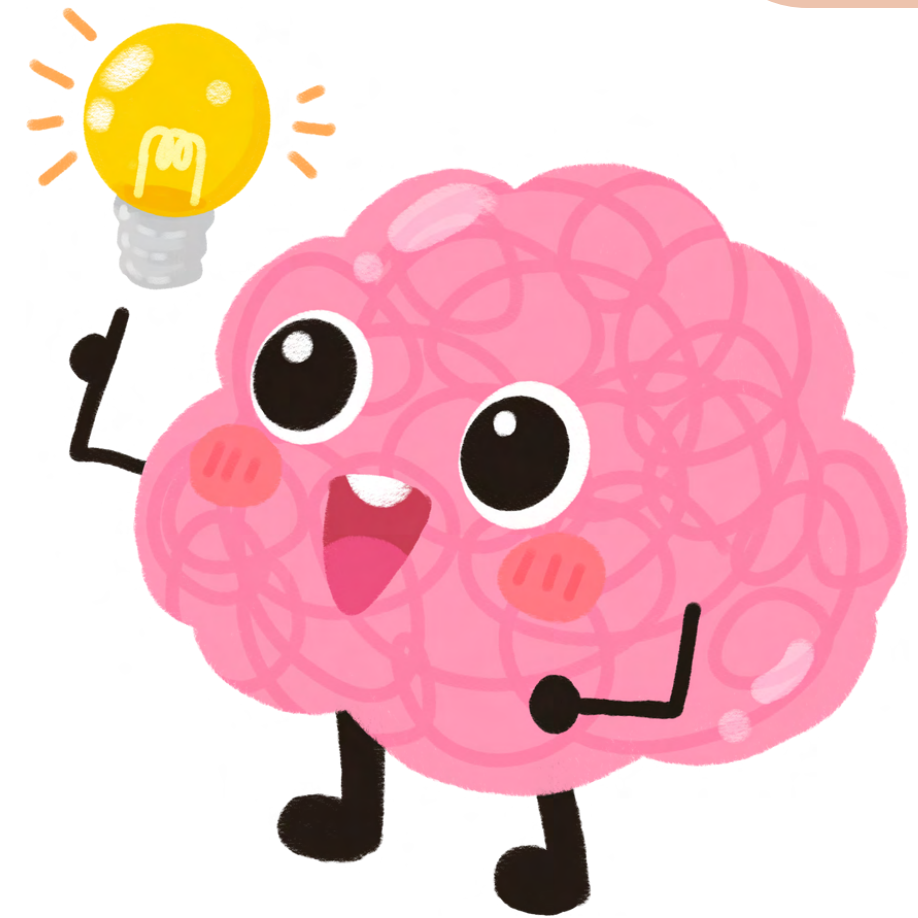
Your Primal Brain wants to:

1. Seek pleasure
2. Avoid pain
3. Reserve energy

Social media is amazing at fulfilling this for us!



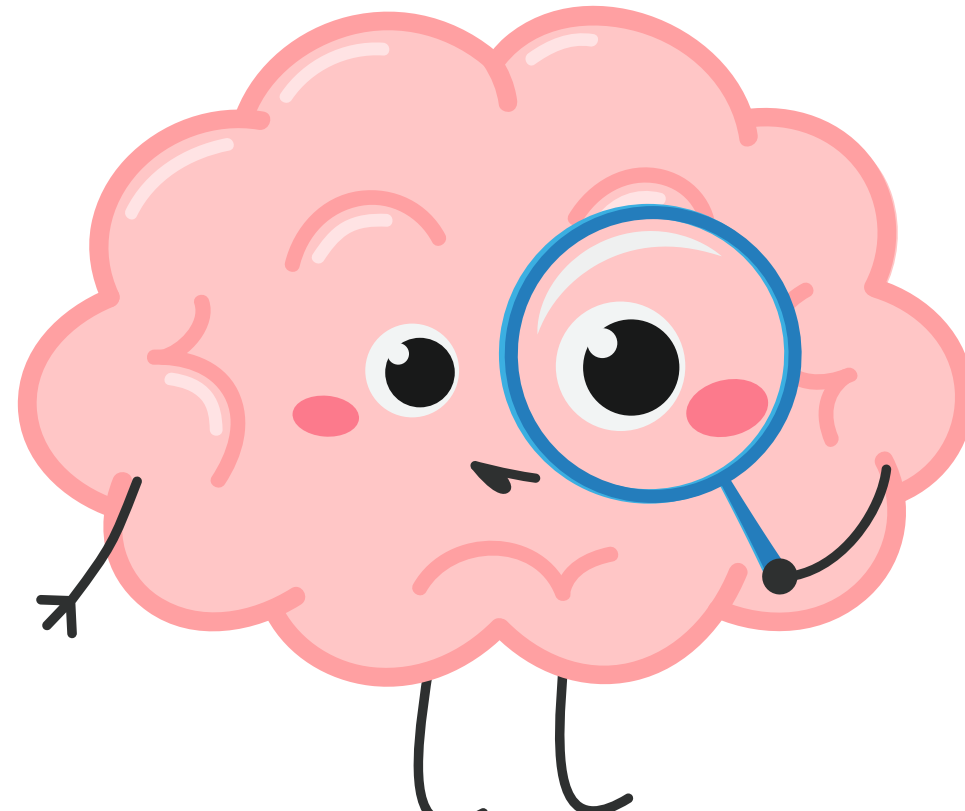
Your brain thinks
social media is
very important!



- See fun posts (seek pleasure)
- Not fail/be out harms way (avoid pain)
- Use one finger to scroll (reserve energy)

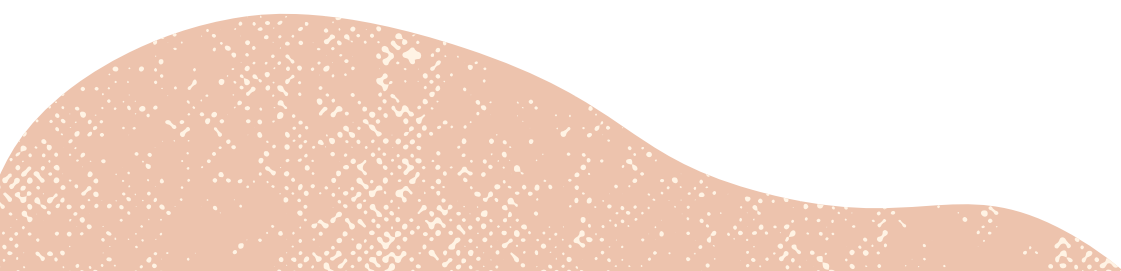
Override This Instinct

- Use the Modern brain or pre-frontal cortex
- Look at our Primitive brain
- Understand you are scrolling because of a feeling.
- Awareness



Does this sound familiar?

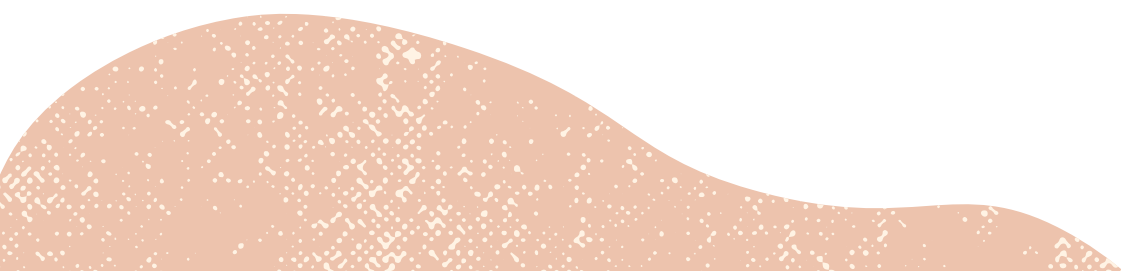
- Before bed, feel bad you didn't do enough? Scroll to feel productive, get worse sleep, cycle continues tomorrow.
- Feel bad about not getting enough likes on a post? You scroll to see what others are doing to get make better posts.
- Launched a sale and no one bought? Scroll instead of evaluate how to do better.



The action of scrolling comes from a feeling.

- Feeling bad? Scroll social media.
- Feel scared? Scroll social media.
- Feeling inadequate? Scroll social media.

We seek pleasure, social media is fun and exciting, we avoid our feelings by seeking fun.

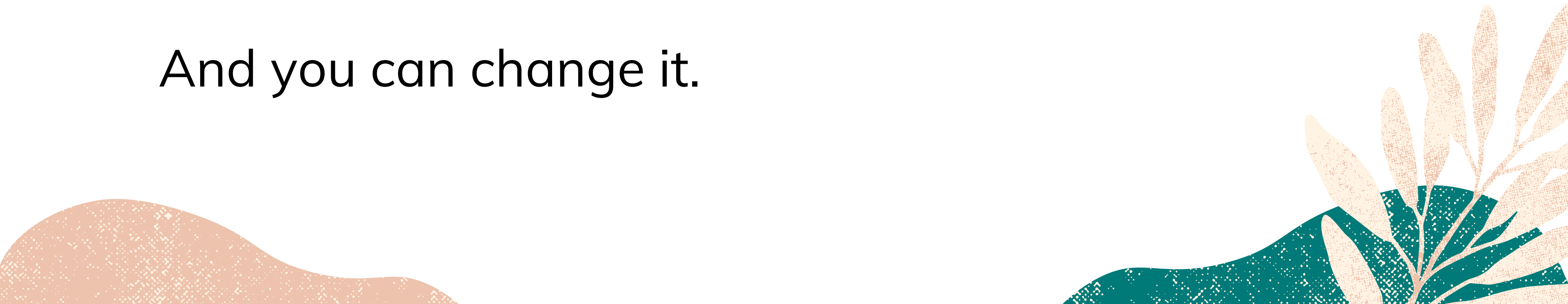


Now that you...

- Know how much time you spend on social media,
- Understand logically why you are drawn to it,
- Have awareness around why you use it,

You can evaluate whether scrolling is actually important to how you want to spend your time.

And you can change it.



How to Stop Scrolling

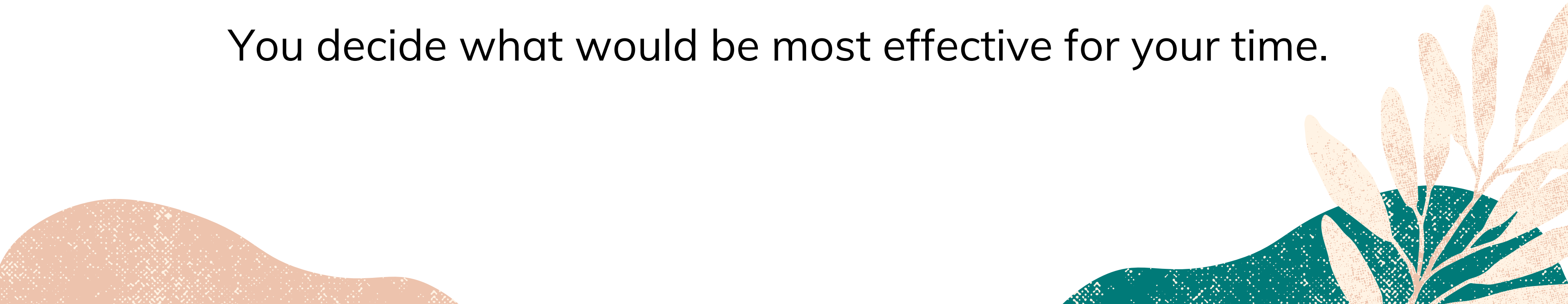
- How do you get better sleep?
- How do you sit down and focus on work instead of scroll social media?
- How do you actually create a social media strategy that's going to work for you?



You get space from social media.

Commit to spending the time off your phone, just focused on the work you want to do.

You decide what would be most effective for your time.



1 Awareness

Figure out why you're on Social Media.

When you are scrolling:

- Pause.
- Take a deep breath.
- Analyze:
 - What are you thinking and feeling right now?
 - Why?

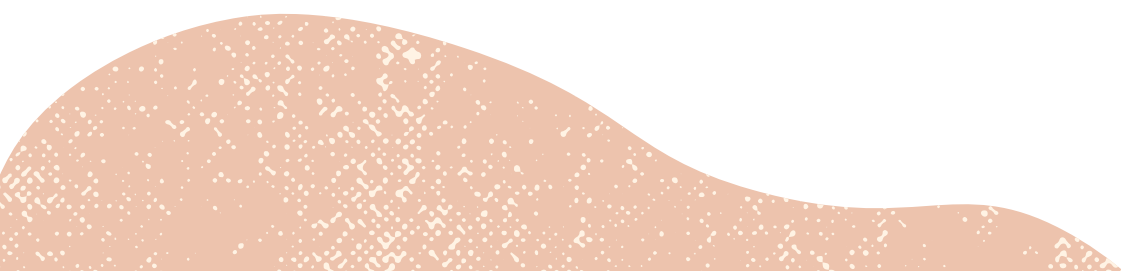
② Schedule your time

- Decide how you're going to spend your time
- Block out 2 hours/day of fully focused, no phone time.
- Be realistic with how much you can get done/day.
- Plan the times you will use social media and what you will do. (plan posts, evaluate Facebook ad, create content, etc.)



Discipline

- When you are distracted or want to procrastinate with social media, hold yourself to it.
- Talk to your brain like a toddler: “I know you want so scroll, but we are doing X right now.”
- Set time limits on your phone.





Be Present²

- When you are in a meeting or spending time with family/friends, be there with them.
- Look people in the eyes.
- Deep breaths.
- Write down what you're thinking to get clear.



5 Boundaries

- Sleep with your phone away from your bed, one hour before going to sleep. Get an alarm clock.
- Set time limits and change your notifications from your apps.
- You don't have to respond to notifications right away.

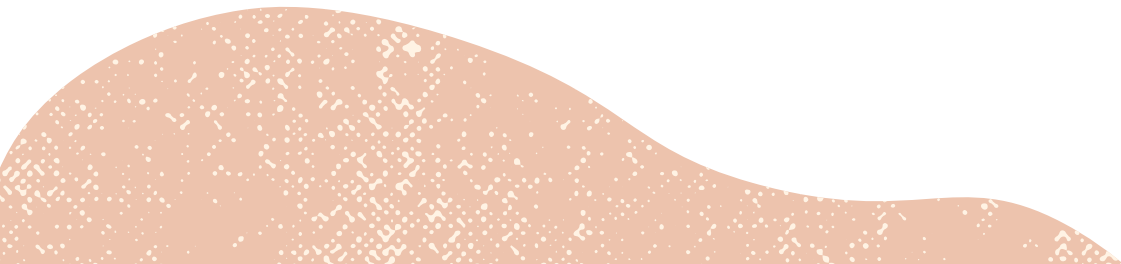
⑥ Compassion

- We're all addicted.
- You won't get it right away.
- Don't judge yourself.



Thank you!

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Questions?

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www.slowliferevolution.com

