

LIMIT SOCIAL MEDIA BINGO

DELETE UNUSED
APPS

DISABLE PUSH
NOTIFICATIONS

DON'T BRING
YOUR PHONE TO
BED

UNFOLLOW
PEOPLE WHO
AREN'T REAL
FRIENDS

NO PHONE
UNTIL AFTER
WORK /
SCHOOL

LIMIT
SCREENTIME TO
30 MINTUES FOR
THE DAY

NO FACEBOOK
ALL DAY

NO PHONES
DURING MEALS

READ INSTEAD
OF SCROLLING

A STUDY AT THE UNIVERSITY OF PENN. FOUND THAT **REDUCING SOCIAL MEDIA** USAGE CAN MAKE YOU FEEL LESS LONLEY AND ISOLATED AND **IMPROVE YOUR OVERALL WELLBEING.**

NAME:



AssuredPartners