

# Taking a Social Media Break

**Instructions:** Taking a break from the pings and Tweets of social is essential these days for your mental health. The constant flow of breaking news and updates can **wreak havoc** on your emotional, psychological and even physical wellbeing. But taking a break can often be easier said than done, causing you even more anxiety to break away than to remain. Use this worksheet to help prepare for **social media hiatus**. If you find yourself checking social media, after you've decided to take a break, pull out this sheet and keep yourself busy. Please check out [thewritingorbit.com](http://thewritingorbit.com) for more astrology + self-help worksheets.



**Why are you staying off social media?**

**What is your goal?**

**What else could you be doing with your time?**

**List three things you're grateful for.**

- 1.
- 2.
- 3.

**Create and write three times your personal mantra for this social media fast.**

- 1.
- 2.
- 3.



*Peace I leave with you; My peace I give to you. (John 14:27)*