

Day – 5

Break up with the mobile phone

Learners what we are going to do today is a little bit tough and might be difficult as well for all of you to do especially for them who are deeply involved in the social media apps.

Today we are going to delete social media apps from our mobile phones. Especially unnecessary social media platforms which are of no use for us in our real life. You can keep apps such as WhatsApp, as you are connected with your family, friends and institute on WhatsApp. Additionally, you need WhatsApp for regular class schedule. Hence, do not delete it.

Remember, we humans have invented every technology for our betterment, making our life easy and ultimately help us to grow in our lives. However, this overuse of technology has literally stopped our growth. Hence, we have to take back our control. “Technology is for our betterment not for our loss, we have developed the technology, technology has not developed us.”

Also, you have to keep tracking of daily mobile usage that is measuring the screen time on daily basis. Now you can write down your total screen time for that day and separate it into two sections, like,

Total Screen time = Useful screen time & Useless screen time

As we discussed earlier, social media is like junk food, scrolling on it makes us feel bad and once we start using it then it is really hard to stop. So, we have to take back its control by answering following questions,

- 1) How much money per week you can pay to use these social media apps if they are not free? (All social media apps that you use)
- 2) Think back on a recent great experience you had which was really amazing and rewarding such as spending time with your parents, with a group of your best friends and then ask a question, if you could go back to that same great time, you had then how much money would you pay for that moment or for taking the same experience again?
- 3) If your amount that you would pay for the same old great experience is greater than what would you pay to use social media then ask yourself a question again that is “Why”, why you are ready to pay higher amount for the real time and real-life experience you had than this social media?
- 4) Ask yourself one more question, “how was my Ganesh Chaturthi experience in our institute? Which one was better the photos, videos or the real experience you guys

had on that day? Ask to those people who were not present, they might have missed it or might have texted you that you guys are actually having fun. So they are missing the real fun you had not the picture or videos you clicked.

One simple answer for this question is, we all actually value social media much less as compared to real life experiences. But our phones and social media platforms are designed in such a manner, it is really difficult to put it down and get out of it.

So, coming to today's conclusion, delete all the unnecessary apps from your mobile phone right now. I am serious, just do it now. Yes, there are many questions in your mind that what about my social life and many other questions, we will discuss all the questions one by one.

Yesterday, we said to create barriers or speed breakers to use the mobile. It simply means to make it difficult to use, like using social media platforms on laptop or on browsers, where it is not that much comfortable as compared to the apps directly.

You can still check your social media platforms whenever you want but not on apps directly, that is the thing which you have to follow initially.

Remember, habits get build by the following sentence,

"I do not use or have social media apps in my mobile." This sentence is great achievement instead of this sentence, "I can not use social media platforms."

So, start saying, "I do not use social media in my mobile." But first do it.

Lastly, we all have a common fear and that is, "Fear of Missing Out", also called as "FOMO".

If you delete social media apps then you are going to miss some posts on these platforms, but does it matter in real life and that should be the question.

All the best for this tough but amazing journey of "Self-Improvement"