**Digital Wellness: Creating a Social Media Timer App for Better Time Management and Improved Mental Health**

**Introduction:**

The increasing use of social media is causing concerns about time management and mental health. Studies have shown that excessive use of social media can lead to stress, anxiety, and depression. Therefore, there is a need for a solution that promotes healthy social media habits. The proposed solution is developing a social media timer app (Socialsnooze) to help users manage their social media usage time and improve their mental health.

**Overview of the App**

The social media timer app will allow users to set time limits for specific social media platforms, such as Facebook, Instagram, and Twitter. Once the user has reached their allotted time, the app will notify them that the time limit has been reached and that they should take a break. The app will also track usage statistics, providing users with data on how much time they spend on social media platforms daily.

**Features of the App:**

Socialsnooze app will have the following features:

Time Limits: The app will allow users to set time limits for individual social media platforms, with a maximum limit of two hours per day per platform.

Notifications: When users reach their time limit for a specific platform, the app will notify them to take a break.

Usage Statistics: The app will provide users with usage statistics for each social media platform, allowing them to track their daily usage and set goals for reducing their screen time.

Customization: Users can customize the time limits for each platform and adjust them as needed.

User Profiles: The app will allow users to create individual profiles that can be used to track usage statistics and set personalized time limits for each platform.

Reminders: Users can set reminders to take breaks and use the app's built-in meditation and relaxation tools to help them relax and reduce stress.

In-App Purchases: The app will offer users additional features and customization options through in-app purchases.

**The functionality of the App**

The app will have a user-friendly interface allowing users to set time limits for each social media platform easily. Once the user has set their time limits, they can track their usage statistics and receive notifications when they reach their daily limits. Users can also customize the app's settings and adjust the time limits as needed.

The app will also include meditation and relaxation tools, which can be accessed through the app's settings. These tools will provide users with guided meditations and relaxation exercises to help them reduce stress and improve their mental health.

To ensure that the app effectively promotes digital wellness, it will be designed to run in the background, even when the user is not actively using their device. This will remind users to take breaks and manage their screen time more effectively.

**Conclusion**

The social media timer app will be essential for promoting digital wellness and improving mental health. By allowing users to set time limits for individual social media platforms and providing usage statistics and notifications, the app will help users to manage their screen time more effectively. Additionally, the app's built-in meditation and relaxation tools will provide users with tools to reduce stress and improve their mental health.