## **Swipe Less, Live More**

## 7-Day Social Media Detox

- Day 1: Uninstall one app
- Day 2: Phone-free meals
- Day 3: No phone for 1 hour after waking
- Day 4: Turn off notifications
- Day 5: No screen after 7 PM
- Day 6: 3-hour phone-free block
- Day 7: Full social media-free day