

# Social Media Cleanse & Mindfulness Activity



## Why?

- ☆ Social media can be a beautiful tool for connection but also a detrimental one. Student mental health can be heavily affected by social media usage, and it is incredibly important for healthy boundaries to be placed around the platform. Taking steps back from using social media can be used to make space for self-care and other coping mechanisms.

Associated Presentations: Self-Care & Social Media/Mental Health

## How-To

- ☆ With your BC2M club, have two meetings centered on this activity! Your 1st meeting can consist of the Social Media presentation, planning & brainstorming, while the 2nd incorporates reflection. Choose a period of time when student members will make the mindful decision to delete social media apps and/or deviate from using social media. (Ex: a week, a weekend, a night, etc.)



There is a lot of flexibility with this activity! Change as you see fit!

## Planning & Timeline

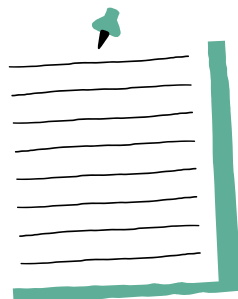
With your BC2M club, choose a timeline for how long you would like to stay off social media (this can be one single time period or individual goals for each student!)

- For example, your club can decide on a weekend where members will decide to stay off social media platforms.
- Your members can make individual goals.

## Replacement Activity

Brainstorm a "replacement activity" for the time when you will not use social media.

- Focus on self-care!
- This can be individualized or decided upon by the group.
- For example, journaling during the time one would typically use social media.



## Reflection Time

Hold a club meeting after you engage in this opportunity as a club. Take this time to reflect, talk about coping strategies, & discuss the effects of taking steps back from social media.

- How can you better implement self-care in your daily routine & unplug more often?
- What did you learn about yourself?