

START HERE

Your 21-Day Social Media Break

Less automatic scrolling. More room for what matters to you.

Use this workbook to try one clear boundary and notice how it fits your life. You can reduce use, schedule access, or pause selected feeds. Calls, supportive messages, work tools, accessibility features, and health alerts can stay available.

Twenty-one days is an optional planning schedule, not a proven time to reset dopamine or form a lasting habit. Shorten, repeat, or stop the plan when needed. A missed day does not send you back to the beginning.

CHOOSE YOUR APPROACH

☐ **Reduce use**

Set a realistic limit for one app or type of scrolling.

☐ **Schedule access**

Check selected feeds during a planned window.

☐ **Take a temporary break**

Pause selected feeds until a date you choose.

My start date:

My review date:

The app or scrolling habit I want to change:

My boundary - when, where, or how much:

Keep a way to reach you. Before changing alerts or access, check essential contacts, work or caregiving duties, two-factor sign-in, health alerts, and any supportive groups you rely on.

WEEK 1

Notice the pattern

Keep your chosen boundary while trying one small action each day. Adapt any task that does not fit your responsibilities.

01

Record a starting point

Before changing access, note your recent use of the chosen app and one thing it interrupts. Estimate if reports are unavailable.

02

Make one clear rule

Write a boundary you can check: for example, no feeds during breakfast. Choose your own time or limit.

03

Protect essential contact

Tell anyone who needs to reach you which channel to use. Check that important messages and alerts still work.

04

Quiet one cue

Turn off one nonessential alert or move a distracting shortcut. Keep alerts you need for safety, support, or work.

05

Prepare an easy alternative

Put one appealing activity near your usual scrolling spot: a book, music, a puzzle, or a hobby you already enjoy.

06

Notice one urge

When you reach for a feed, briefly note what happened just before: boredom, stress, a message, or a pause in your day.

07

Review the first week

What felt useful? What made life harder? Keep the boundary, make it smaller, or choose a better target.

WEEK 2

Make the boundary fit

Use the same rule unless you choose to adjust it. The aim is a workable routine, not a stricter challenge every day.

08

Match the alternative to the need

If you want connection, contact someone directly. If you want rest, choose something restful. Entertainment can be a valid choice.

09

Try a purposeful check-in

If you are using feeds, decide your reason before opening one and close it when that task is done. During a full break, write a return rule.

10

Make room for connection

Arrange a call, visit, or supportive message if you want one. Keep helpful online communities available in a way that suits your plan.

11

Protect one part of the evening

Choose a brief feed-free period that fits your schedule. Keep an alarm, medical tools, and essential contact available.

12

Plan for work or caregiving

Write down the task you must complete online and a stopping point. Separate required access from optional browsing where practical.

13

Look for a substitute feed

Have you moved the same habit to another app or device? Notice it without judgment and adjust the rule if needed.

14

Review what actually changed

Compare interruptions, time use, connection, or your chosen goal with the start. Record mixed results and no change too.

WEEK 3

Choose what to keep

You can return to selected feeds, continue reduced use, or end the experiment. None of these choices requires deleting an account.

15

Adjust one unhelpful trigger

If you are using feeds, mute one account or topic that feels unhelpful. If you are paused, note what you may change on return.

16

Keep one small boundary

Choose a rule you would be willing to keep on a busy day. A short planned pause may fit better than a long restriction.

17

Make a difficult-day version

Write a smaller version of your plan for illness, travel, deadlines, or caregiving. Protect your needs rather than a perfect streak.

18

Prepare your return

If you plan to return, choose the app, purpose, check-in time, and stopping point. Keep only the notifications you find useful.

19

Try the next routine

Test that return rule, or practice the reduced-use boundary you want to keep. Notice whether it is realistic in ordinary life.

20

Check benefits and costs

What helped? What did you miss or lose access to? Keep useful connection and change anything that increased isolation or pressure.

21

Decide your next step

Use page 6 to choose one habit to keep, one thing to change, and a review date. You can also stop if this approach was not useful.

DAILY NOTES

Track the habit, gently

Tick one result for your chosen boundary. Add a few words about what helped, got in the way, or felt different.

Kept = followed my rule. Partly = followed some of it. Changed = adjusted or did not follow it. These are notes about a habit, not a health score. Blank days are fine.

Day	Date	Kept	Partly	Changed	One thing I noticed
1		☐	☐	☐	
2		☐	☐	☐	
3		☐	☐	☐	
4		☐	☐	☐	
5		☐	☐	☐	
6		☐	☐	☐	
7		☐	☐	☐	
8		☐	☐	☐	
9		☐	☐	☐	
10		☐	☐	☐	
11		☐	☐	☐	
12		☐	☐	☐	
13		☐	☐	☐	
14		☐	☐	☐	
15		☐	☐	☐	
16		☐	☐	☐	
17		☐	☐	☐	
18		☐	☐	☐	
19		☐	☐	☐	
20		☐	☐	☐	
21		☐	☐	☐	

Optional: note minutes in the chosen app if useful. Total screen time can include valuable work, connection, and accessibility use. More or less screen time alone does not tell you how well you are doing.

REVIEW AND RETURN

Keep what helps you

Look back at your own goal. A useful result can be a clearer boundary, a practical adjustment, or learning that this approach is not right for you.

What became easier, stayed the same, or felt harder?

Which connections or useful activities do I want to protect?

One boundary I will keep, change, or stop:

My next review date and the situation I want to check:

If the plan feels worse, adjust it. Keep supportive contact and needed services available. If worry, low mood, sleep problems, or loss of control are persistent or affect daily life, speak with a qualified health professional. You do not need to finish this workbook before seeking support.

About this workbook. This is an educational planning aid for adults, not a validated screening tool or treatment. Research on restricting social media finds small average benefits in some outcomes and mixed results in others. No fixed break length guarantees improvement. The daily tasks are practical suggestions, not a tested clinical protocol.

READING BEHIND THE GUIDANCE

[Cleveland Clinic: When \(and How\) To Take a Social Media Break](#)

[Burnell et al. \(2025\): Meta-analysis of social media restriction trials](#)

[Scientific Reports \(2025\): Meta-analysis of social media abstinence](#)

[Harvard Health: Why a dopamine fast is not a chemical reset](#)

Prepared October 2026 for Comfort Mind Body. Text can be selected; print at actual size. This workbook has writing spaces, not interactive form fields.