



NO SOCIAL MEDIA WEEK

## COLLECTION OF REFLECTIONS FROM BRAKE CHECK PARTICIPANTS

"The week went well - It was tough at first because it brought awareness to how much I wanted to check social media. I replaced it with reading a portion of a book w an app on my phone."

"I checked Twitter for about 10 min on Monday and 5 min on Sunday. It was more difficult than I thought. I stayed completely off LinkedIn. It was a nice break to be honest."

"So, I wasn't able to completely stay off social media all week because I run Girl Scout groups on Facebook and attend to questions, requests, etc. However, I was successful every day at spending 1 hour (or less) on the platform - just going in and processing new requests or questions. As a family we watched movies together and played games each night :) It was a great way to relax and laugh!"

"For my family, taking a break from social media was easier than we thought it would be. Keeping busy was the main source of our success. Monday through Friday, we were too busy with work, school, sporting events, and typical household activities. Saturday we also had sporting and club events. In between those events, we went to the town farmers' market. Saturday evening was the hardest not to check social media as the day started to wind down. Sunday between church and religious education, we try to play family games or do activities together. For those times I was tempted to check social media, I held myself accountable as a Lenten penance. For the last several years, I have given up social media for Lent. Since Easter last year, I haven't had the desire or compulsion to check social media. Occasionally, I pop in to check our neighborhood book club group and any notification from family and close friends. Does keeping busy allow us to avoid social media? Or does avoiding social media allow us to keep busy with other enjoyable activities?"

"It was very difficult, I found myself just wanting to take a peak but stopped myself. Definitely enjoyed the extra time, I will try to restrict the time I spend in the future and work on other projects and play games with family. :) Sunday I broke the streak and spent 5 minutes scrolling and felt bad for doing it :)"



# BRAKE CHECK ✓



Highway to Health challenge

NO SOCIAL MEDIA WEEK

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"The week was honestly challenging at first, but I was busy so this helped to reduce screen time. I noticed how much I scrolled mindlessly before bed. The only exception would be messaging platforms to stay in touch."

"I think that staying off of social media and the news (in general) reduces stress. I did not find this challenge to be easy. Checking social media is a habit I have and it's difficult to break. I use social media to stay in touch with family and friends that do not live close to me and so I missed that interaction this week. For me, I think that it is best to limit social media, but not eliminate it from my life."

"The first day I had a small slip up when out of habit I opened Instagram, liked something my daughter posted and then remembered, oh yea the challenge. She caught me because she knew about the challenge. We discussed how addictive it is, and she joined in on the challenge too. It was quite a challenge to stay off social media this week in particular due to being spring break. So many pics I wanted to post in real time. Still haven't posted any. I must be cured!!

I was tempted several times, especially when I received a notification from a family member that they posted something. Curiosity was killing me but I made myself not look.

I did self-talk and coached myself that I can do this. I also told others about the challenge and they helped me stay accountable and even joined as mentioned above.

Overall, I felt successful and good about my results. It is amazing how much more productive I felt and learned that I don't miss it. I was able to stay in the present better and think more clearly. My mind wasn't so cluttered with social media "junk" and I wasn't being bombarded with temptations from ads. Because we all know that Facebook knows exactly what you are thinking and when, ha-ha. I also learned that it's fun to share but if you don't that's ok too. This challenge helped me to reboot, and I plan to continue this practice when I find myself falling prey to it again. This was the best challenge ever! Thank you so much for providing this to us!"

"I did this challenge by myself. My family, especially my kids, had no interest in joining me. :) I was tempted several times to post something on Facebook.

Especially when we celebrated 8 years of having our dog join our family! I wanted so bad to post pictures of her to show everyone how much we love her! I kept myself in check by dismissing notifications as soon as I received them. I also removed the app from my home screen on my phone. I do feel like I'm missing out a little...especially missing out on wishing people "Happy Birthday"."

