



Anxietylab.org
3-4-5 Program Course

Media Diet Worksheet – take a break from media

Keep track of your media diet goals by using this sheet.

1. Decide how long you want to stay off of media. A day? A week? A month? Other?
2. Decide which type of media you want to restrict for a while. Which kind of media will you NOT look at for a while? Circle all the apply
 - Social media, Twitter, Instagram, Facebook, Tik-Tok,) TV news, talk radio, blogs, cable news, newspapers, magazines, texts, etc.
3. Write a short paragraph explaining how you felt before you stopped, then follow up with a short paragraph about how you felt after the break.

I stayed off of these sites

For this long:

How I feel before taking the time off of media:

How I feel now after the time off from media:
