



Anxietylab.org
3-4-5 Program Course

Intermediate activity: Media Diet

Decide on a period of time that you will go on a media diet - an hour? A week? A month? (This would have to include social media.)

For that period of time greatly reduce or eliminate intake of movies/TV shows, news, music or games with violent or disturbing lyrics or imagery.

Take a break from watching and reading all news, (news, 'infotainment' sites including reality shows, weather/catastrophe shows, etc.).

It is becoming increasingly important to recognize the negative influence of social media when not used with deliberation and caution.

During a healing period, it may be very important to **stop using social media** for a while: avoid the vortex of emotional contagion and manipulation on sites like Facebook, Twitter, Instagram, etc.