



Postcard to Toolbox

Downloadable

From the Postcard:

RETRAINING YOUR ALGORITHM

Breaking Your Siren's Song

1. YOUTUBE

Clear Search & Watch History: Find this in your Google Account Data settings

Train Recommendations: When you see a high-dwell video, tap the three dots -> 'Not interested' or 'Don't recommend channel.'

Use Subscriptions: Force yourself to use the Subscriptions feed (chronological) rather than the 'Home' algorithm feed.

2. META (INSTAGRAM & FB)

Snooze/Unfollow Overload: Tap the three dots on any high-stress post -> Snooze for 30 Days or Mute. Apply to any high-stress post.

Reset Ad Topics: Change your Ad Preferences within Account Center. Clear out political or anxiety triggers.

Force Chronological: On IG, tap the logo -> Favorites to see only the accounts you care about or follow.

3. TIKTOK

The 'Hard Reset' Button: Go to Profile -> Settings -> Content Preferences -> Refresh your FYP feed.

Filter Outrage: In Content Preferences, add specific keywords or hashtags you wish to block from your feed entirely.

4. GOOGLE & DISCOVER

Disable Web Personalization: Visit myactivity.google.com. Turn off Web & App Activity so searches don't predict anxiety.

Customize Discover: In the Google App, tap your Profile -> Settings -> Interests. Clear out topics you accidentally over-dwell on.

5. LINKEDIN

Audit Your Connections: Use the three dots on posts-> Unfollow [Name].

Train the Feed: Aggressively select 'I don't want to see this' on clickbait or performative 'thought leadership.'