

Strategies to Sell Smarter,
Lead Better, and Live
with Purpose

SHUT UP AND WIN

JED ETTERS

HEALTHY SOCIAL MEDIA HABITS

A companion tool from the book

SHUT UP AND WIN by Jed Etters

Learn more at ShutUpAndWin.com

Healthy Social media Habits:

1. **Set Boundaries:** Allocate specific times for social media use and stick to them. Consider using apps or phone settings that limit usage or set reminders for breaks to avoid excessive screen time.
2. **Curate Your Feed:** Regularly review and curate your social media feed by unfollowing accounts that don't add value or contribute to your well-being. Follow accounts that inspire, educate, or entertain in positive ways.
3. **Practice Mindful Engagement:** Be conscious of your interactions. Engage meaningfully by commenting thoughtfully, sharing responsibly, and avoiding impulsive reactions to posts or comments that may provoke negative emotions.
4. **Take Breaks and Unplug:** Schedule regular breaks from social media to focus on real-life activities, hobbies, or spending time with friends and family. Consider occasional social media detoxes to reset and reduce dependency.
5. **Prioritize Mental Health:** Be aware of how social media affects your mental health. If you feel overwhelmed, anxious, or inadequate due to social media use, seek support or consider professional help. Prioritize your mental well-being over online presence.