

Media Diet Guidelines

Create BOUNDARIES with the media

1

Pick two media outlets and unplug from the rest.

2

Avoid consuming media the first two hours after you wake up. How you start your day sets the tone for the rest of the day, so start it off right.

3

Avoid consuming media for more than one hour in a sitting.

4

Pick two designated times to engage with media.

5

Avoid consuming media at least two hours before bed. Stress and anxiety from media consumption can impact your ability to unwind and get restful sleep.

6

Identify alternative activities you enjoy that can distract you from media consumption.

Activity: My Media Diet Plan

Two media outlets I will continue to consume:

1.

2.

My media consumption
can start after:

TWO HOURS AFTER WAKEUP
: AM/PM

My media consumption
will end at:

TWO HOURS BEFORE BED
: AM/PM

Two designated times I will consume media:

: AM/PM

: AM/PM

Three activities I can engage in besides consuming media:

I commit to spending no more than 1 hour
consuming media at a time.

Initial