



THE GAME OF CHANGE

Detox from social media

How to fight addictions and take a break from the negative effects of social media.

ADDICTIONS CAN COME IN MANY FORMS.



Making the conscious decision to fight your addictions - whatever they may be - and staying away from social media the right way can open up your eyes again to everything else you've been missing around you.

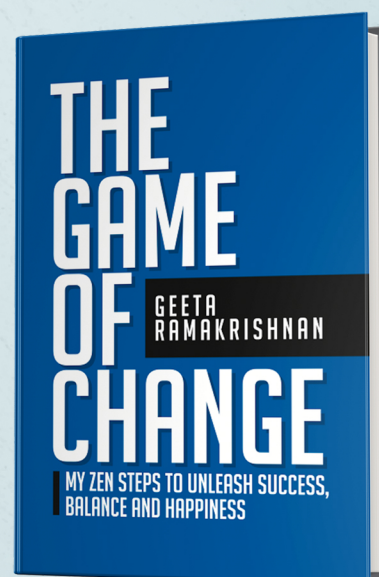
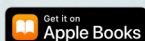
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1 Keep the phone away at night

Keep your mobile/any other device with social media away from your bedside at night, so it is not the last thing you see at night nor the first go-to object in the morning.

2 Schedule different activities

If you're addicted, it's easy to want to engage in that late evening and early morning social media time - instead, make the decision to read, listen to music, chat with your family at night, exercise, meditate, make more grooming time, and plan your day in the morning.

3 Establish strict work/life boundaries

Attend to your work-based WhatsApp/email messages inside working hours. It's tempting to label them as "important" and "have to attend" outside of them; don't fall into the trap. Articulating this information to your colleagues as a healthy lifestyle habit will give you more respect and credibility.

4 Only use social media at designated times

Keeping a specific 1 hour social media break from work also helps relax and unwind.



Win the game of change with me

I know you sometimes feel like you can't win. When you feel like you succeed at work, you falter at home. These guides are made just for you, brave daughter, mother, professional, manager, entrepreneur, homemaker, dreamer, and achiever. Whoever you are, I'm here to equip you to find balance and reach your Zen state, just like I learned to do.

Wouldn't it be amazing to feel like you could take on anything life can throw at you?

Visit my website coachingwithgeeta.com to download more free and premium resources just like this one.

ABOUT ME

Geeta Ramakrishnan is an ontological coach who grew up in Mumbai, India.

She is the author of the Amazon #1 bestselling book *The Game of Change*. She is keenly interested in and intrigued by human behavior.

She is on a mission to empower women to win the game of change by providing the tools to lead a stress-free and meaningful life, in joy and peace.

