



# Balancing Act

The quality of the time you spend online is incredibly important to your well-being. So is the quantity; too much screen time could mean that you are neglecting other important things in your life. Use this worksheet to consider what the right amount of Instagram use is for you, and explore some tools to help you set limits. The goal is to make the most of all of your time, online or off.

## 1. Check your measurements

There is an easy way to see how much time you are spending on Instagram. Head to your settings page and tap on “Your Activity.” You’ll see a dashboard with the average amount of time you spend on Instagram. Tap any bar to see your time for a specific day. Surprised by what you see? You might benefit from cutting back.

## 2. Set a reminder to log off

If you want to cut back on your screen time, you can set a daily reminder that will alert you when you’ve been on for a certain amount of time. Bonus: When you set a time limit, you might find yourself being more thoughtful about what you do on Instagram. To set up a reminder, go to your profile and tap “☰”. Then tap Your Activity > Set Daily Reminder. Choose the amount of time and tap Set Reminder.

## 3. Be in the moment

Sometimes having your phone around can distract you from really experiencing and enjoying what’s going on around you. Remember, you don’t need to post in real time. . Try taking a few photos and then putting your phone away so you can really be present, then sharing them later with your thoughts. Bonus: You’re less likely to make a typo.

## 4. Mute notifications to help you focus

If you have trouble ignoring notifications, turn them off. Try muting notifications during times that you want to be off-line. It can also be helpful to physically put your phone away in a drawer or another room during meals, hangouts, or study sessions. To mute notifications, go to your profile and tap “☰”, then tap Your Activity. Tap Notification Settings and tap Pause All, then select how long you want to mute them. You can also mute specific types of notifications.

## 5. Give your phone a bedtime...

If you have trouble falling asleep, it could be because you use your phone too much late at night. Your brain needs time to rest. Try putting your tech to bed about an hour before you hit the hay.

### ...and a wake-up time

Checking your phone first thing in the morning isn't necessarily bad, but you might want to experiment with an a.m. routine that puts self-care at the center. Try doing a few things—showering, having breakfast, brushing your teeth—before you go online. You'll be more awake and able to interact with people, and you might get to school on time!

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