



# HOLISTIC APPROACH FOR SOCIAL MEDIA DE-ADDICTION

**Free Yourself in 30 Days**

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# Welcome to Week 1

## Brain Rewiring Method

- Physical state
- Emotional state
- Social state
- Addiction focused

## What to do

Download And Print The Checklists Already Attached.

## Every Week We Will Find

- Why healthy eating is important?
- Why fitness is important?
- How to get good nights sleep?
- How mental state, spirituality and intense living makes a difference?
- How family, friends, relationships play an important role?
- Taking action on limiting social media usage.

## 1. Physical State

### ***A. Nutrition***

Your overall health depends on the food you put into your body. You are here to reach your maximum potential when it comes to your

overall health.

## **Task**

1. look at your current diet, where can you improve?
2. Are you getting enough fruits, vegetables, protien and fiber in your diet?
3. Eliminate processed food.
4. Come up with your own nutritional goals and then find a plan that works for you.

But it difficult to know how to optimize your nutrition for better health.

Some people might go for glutien free or some wants to go for vegan or vegetarian. Whatever you want to do this is the week you need to figure it out and gather information but you need to start.

## **Action Steps**

1. Find a nutrition plan for youself.
2. Gather information to make it success.
3. Get rid of junk and processed food.

## ***B. Fitness***

You can't just sit around and do nothing, that would be counter productive. Fitness play and important role in rewiring your brain.

## **Task**

Find an exercise or fitness plan [Example: workout, cardio, swimming, yoga, zumba, functional training] thrice a week or 10000 steps every day.

## **Action Step**

1. Find fitness plan and signup.
2. Gather necessary equipments.
3. Move your body everyday [more than you normally would].

### ***C. Sleep***

- While we sleep our body and brain get recharged.
- So.....
- How much you sleep every night?
- What time you go to bed and wakeup?

### **Action Plan**

1. 7 to 9 hour of quality sleep.
2. Set bed time and wake up time.
3. Study had shown if you set your biological clock for bed time and wake up time you get high quality sleep which nourish your body and brain.
4. Limit your caffeine intake after 3 pm as it take 7/8 hour to eliminate completely from your body.
5. All screen off 1 hour before bed time [television, laptop, cell phone].

## **2. Emotional State**

### ***A. Mental Health***

What you have to do in this section? Ask this question to yourself. Is our social media addiction causing mental health disorder? or the other way around?

Sometimes when we deals with alcohol, drug addiction we know the it a substance base addiction but when its come to social media it's a behaviour issues, where we don't know whether you have mental

health problem and you want escape route, so you are using social media or due to social media you have an issues?

## **Action Plan/task**

You have to check, are you suffering from depression, anxiety or any other mental disorder. If yes then you have to hire a therapist who can solve your problem and parallely you can finish 4 week course.

As this course is design to get rid of your social media addiction not your mental health per say.

If you not able to find, finish this course and wait for any relapses then you can find therapist and solve your problem any ways.

## ***B. Spirituality***

When sruggling with addiction a spirit occurs.

Defination of spirituality a quality of concern about human spirit or soul, beyond the materialistic or physical.

So i want you to close your eyes and go back to your childhood [if you are adult] and if not then try to remember what life you have/had expected on being adult what was/is your dream and hope you have reflect on the type of person you want to be.

Looking to someone's life, spending hours on phone can put you where you want to be probably not everyone has something to offer.

Let me uncover your true potentials as you are closer now because you are here you have taken a first step and let me take care of other steps.

## **Task**

1. I want you take every single day to reflect on yourself the person you want to be. [meditate]

2. What do you have to offer? Not material things [money] train yourself to be more compassionate on a period of time there's something greater for you [meditate].

## **Action Plan**

1. Meditate every day.
2. Find space for meditation.
3. Find app for meditating.

## ***C. Intentional Living***

Intentional living is something how your life based on your own values and beliefs. I'm not here to tell how you live your life but I'm here to help you recognize your own deep down intentions.

## **Task**

1. Reduce the amount of time spent on social media.
2. Your goal should be personal and tailored to your own individual needs and desire.
3. Think of one goal big or small, something you can work toward or accomplish this week.

You will be setting goal every week not only for 4 weeks but let's continue to your entire life.

## **Action Plan**

With example say...

1. I want to be more kind..set a goal, start living intentionally and attract every possible way.
2. I want better relationships. [Start with some affirmation, exchange gifts, hug tightly all these are language of love which you can apply for fruitful relationships].

3. Have quality time by choosing vacation.

## **4. Social State**

### ***A. Family***

Here we talk about family and communication medium.

#### **Task/Action plan**

1. Make family tree.
2. Make a star who have social media account.
3. Make a list who you see on daily basis.
4. Those family on social media, try to communicate them in different form. [Example..make a call and talk o them].
5. Do not use social media to communicate your immidiate famiy [Those are in same roof].

### ***B. Friends***

Have you ever had friend glamourised their life on social media?  
Infact their life is mess?

Infact we are guilty of glamourising things on social media.

What kind of life do you portray on social media? What about your friends.

Let's change the way you look and think about social media.

#### **Task/Acton Plan**

1. Do not post a single status updates.
2. Only direct messages/call to your friends.

### ***C. School/Worker/Co Worker***

Keep distance between social and professional relationships. Same goes with schools/colleges teachers and professors. Don't mix business with pleasure online. Example.. instagram... pleasure/linkedin.... business.

## **Task Action plan**

1. Sign in for linkedin.
2. Make a list of your professional contact.
3. Find them on linkedin.
4. Delete them from your personal social media accounts.

## **ACTION PLAN FOR WEEK 1**

### ***What to do..***

1. List on social media account.
2. Rank them in order of importance.
3. Delete your least used [one].
4. Do not post anything on social media about your course or why you have deleted account.

While deleting the account you don't have to be in contact with those people as they can divert your mind by their inputs.

If someone contact you about the account those will be your true friends and family member others will not bother. So contact them with direct messages/phone calls.

This first habit you change. This is how you rewire your brain.

This course is fast and intense, stick to the checklist.

This will all be worth in the end.

I think you got this.....

# Welcome Week 2

How was your week 1?

Hope everything on focus.

If not don't worry this week we adding some more or you can start fresh.

Check your check list there will be some social media task, I'm sure you are enjoying this book, I'm there to help you, you can reach out me anytime by mailing me. [Email id backside of cover book].

## 1. Physical State

### ***A. Nutrition***

This is action week this is not weight loss diet because the program you choose should be healthy and clean eating which give nourishment to your body as well as brain.

This week is of proper planning and scheduling, this make huge difference.

### **Task/Action Plan**

1. Spend sometime making your lists.
2. Try to go grocessary shop to buy your own stuffs or vegetable everyday, if possible.

### ***B. Fitness***

This week is of taking action.

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