

What will you do with the 140* hours you usually spend scrolling on social media this February?

Meet your friends at a local coffee shop you've never been to before • Organize a book club • While you're at it, read a book for fun • Phone a friend or family member •

Write to a family member or old friend you haven't heard from in a while • Offer to walk someone's dog or help a neighbor with errands • Volunteer at an animal shelter or adopt a pet • Attend a live event, like a concert or comedy show • Organize your closet • Walk around the block • Make and fly a kite • Start a diary • Perform a random act of kindness • Listen to some new music • Get a few minutes of sunshine • Learn yoga or tai chi or join a local sports team • Bake or cook something new • Make yourself some coffee, tea, or hot chocolate • Make your bed • Donate old stuff you don't use any more • Volunteer at the food pantry or library to help kids read • Delete old messages and emails • Live your life!



* According to the American Psychological Association, teens spend nearly 5 hours daily on social media.
<https://www.apa.org/monitor/2024/04/teen-social-use-mental-health>