

Purify Your Diet

Protect Your Zen



Copyright The Social Media Spa by Erin King. Not to be reprinted or used without permission.



What we consume shows up in how we think,
feel and CREATE.

Now that you have enjoyed your time at the spa today, and you have clarified your strategy, detoxed your approach and refreshed your social content- it's time to PROTECT your ZEN. Defend your detox against the dark forces of the internet and hold onto the positive vibes you just spent the last two hours cultivating!

Your digital diet- what you take in when you are scrolling- impacts EVERYTHING. Your head space, your heart space and your CREATIVE space. A cluttered newsfeed full of people and content that do not serve your mind, body, or spirit is as dangerous as living on a diet of fast food, processed foods and excess sugar. Cleaning up your newsfeed and optimizing your content intake is the best way to preserve your authenticity and positivity so you can best serve your customers and friends with the best version of YOU.

Clean up your newsfeed!

Right now, please take out your phone and set a daily phone timer for 5 minutes with the words: Digital Diet Cleanup. Each time that timer goes off, I want you to scroll through your most used social media app and instead of just passively consuming, I want you to actively evaluate each person and post by asking yourself one simple question:

"How does this person or post make me feel?"

If the response is happier, smarter, challenged in a good way, inspired, entertained, motivated, or even just interested- keep scrolling. BUT if the answer is jealous, incompetent, like a mess, frustrated, sad, depressed,

anxious, worried, annoyed, confused or any other negative emotion?
MUTE THAT PERSON. If you don't know that person, UNFOLLOW THEM.
Unsubscribe to what is not nourishing your mind just like you stay away
from unhealthy foods that do not nourish your body.

*Pro tip: If you are someone who struggles with tossing that old sweater
into the Goodwill bag because WHAT IF someday you decide you liked
it after all- guess what? You can always go back and unmute or re-
follow them if for some wild reason you find that you miss them or their
content. Yep! It's that easy.*

Credits:

Created with an image by Robin Benzrihem - "I randomly found this wall as I walked around the streets of Amsterdam, and I
thought everything was just perfect then: from the message, to the vegetation, to the complimentary colors."