

Digital and perfectionism detox

Constant doomscrolling and perfectionism can increase anxiety and reduce mental well-being. Taking small steps to limit screen time and challenge unrealistic standards helps restore balance and improve mental health.

GET STARTED: Use this tracker to try and complete one action every day over the next five days.

DAY	ACTION	COMPLETED?
Day 1:	Set a 30-minute limit on social media today.	☐
Day 2:	Replace 10 minutes of scrolling with a calming activity (e.g., breathing exercises, reading.)	☐
Day 3:	Write down one unrealistic expectation and reframe it.	☐
Day 4:	Turn off notifications for one hour and notice the difference.	☐
Day 5:	Reflect on your progress using the space below: What felt easiest? What will you keep doing?	☐

Reflection:



REMEMBER

Reducing doomscrolling and perfectionism is a journey. These small steps help you regain control and improve mental well-being. Try selecting one healthy habit from this challenge to continue for the next month.

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