

One Week Health Behavior Change Diary
(Sunday to Saturday Week)

<https://www.bettycjung.net/Pch201grids.htm>

Due Date: October 8th, 2019

Week of: September 29th through October 6th

Name: _____

Health Behavior(s): Social Media Use

Date submitted: October 8th, 2019

CATEGORY			POINTS	SCORE
Used Template Grammar 6 pages	Clarity of Thought Punctuation Handbook Compliant	Coherence in organization Spelling	2	
Statement of Intent (Why this particular behavior)			2	
Daily log of your thoughts and actions during the week (There should be an entry for each day)			14	
Evaluate your health behavior change experience			3	
What Did You Learn From This Experience?			3	
Rate your future success with your behavior change			1	
SUBTOTAL			25	
LATE/INCOMPLETE (- 20% of total points)			(-20%)	
Missing grading grid			(-3)	
FINAL TOTAL POINTS			25	

Health Behavior Diary

Selected Behavior: Social Media Use

Statement of Intent

I decided to limit my social media use because I realized that I was spending an excessive amount of time mindlessly scrolling through my timeline. I believe that this has become something we all have fell victim to, including myself. Social media gives me an excuse to distract myself from important tasks, and I believe by breaking the bad habit of continuously checking it, I will become much more productive.

However, like breaking all bad habits, obstacles are bound to present themselves. I predict that it will be increasingly difficult to resist the temptation to check my phone. My friends constantly send me pictures on social media, so I'm anticipating the fear of missing out. On the other hand, I know that not checking social media will help me in the long run.

One-week Daily Log

Day 1	Sunday	Date: 09/29/2019
<p>I originally thought that my first day was going to be rough, however, it wasn't as difficult as I thought. For starters, it was my mom's birthday, so I had plenty of distractions from social media. Some of my family came down from New York and we went apple picking for the day. Being outside and having people around me took the pressure of social media off me. I had thoughts of checking my phone, but there was so much going on around me that it just drowned out those temptations.</p> <p>I believe that the key to breaking this bad habit and making it through the week is distracting your mind. Most of the time, I unconsciously will go in my phone and just open social media with no reason in mind. However, if I can realize what I'm doing and isolate the urge to check, I believe that I will have a truly successful and productive week.</p>		
Day 2	Monday	Date: 09/30/2019
<p>Today was when the real challenge begun. Over the weekend, I came down with a sinus infection, and was in bed for most of the day. I used this as an opportunity to get ahead in my classes. Since I couldn't be there physically, I emailed my professors and acquired the day's classwork. Instead of lying in bed mindlessly scrolling through my phone, I chose to be productive and not miss the work that was assigned. However, this did not come without its difficulties.</p> <p>I believe that social media has such a powerful hold on us. There were multiple times where I was significantly tempted to check my phone and see what was going on. Additionally, I didn't have the same distractions as yesterday. After I finished my work, I had to actively look for distractions. One thing that I found helps distract me is exercise. Even though I was still feeling a little under the weather, I managed to go outside for a</p>		

<p>little bit and play basketball. As the week begins, looking for distractions is going to be the key to overcoming the powerful influence of social media.</p>		
Day 3	Tuesday	Date: 10/01/2019
<p>This was a day that I had been looking forward to for quite a long time...my first tattoo. What surprised me was that for the first time in a while, I wasn't tempted to check social media in the morning. It had strangely always been part of my morning routine, but this morning I was so focused on my tattoo. As I was going in for my appointment, I thought the new experience of getting a tattoo would be enough to distract me from checking my phone. I was wrong.</p> <p>Similar to attempting to stay off social media, the key to tolerating the pain of a tattoo is distracting the mind. And what's the easiest way to lose track of time and distract yourself? Social media. I wanted to just put in my headphones and listen to music and see what's been happening on social media for the last few days, but I refrained. My only hope of distraction was talking to the tattoo artist and the people around the studio. In the four hours I was sitting for the tattoo, we had deep conversation about life and aspirations, and I feel like I gained a lot from it. I realized that we miss out on this basic human connection so frequently in our day-to-day lives. Everyone is so caught up in their phones that we miss the small connections we would normally have with each other. Not only did I get an amazing piece of art today, but I also got a newfound appreciation for the small moments that I share with others.</p>		
Day 4	Wednesday	Date: 10/02/2019
<p>Today was the first day in the week where I was on my normal weekly schedule. No tattoos, no birthdays, just back into the swing of school. After I got out of class at one o'clock, I had the rest of the day to myself. I prioritized this time to try and get all my work done for the day before all my friends get out of class. At the midway point in the week, I am feeling a lot less stress academically. Before I started, I would continuously distract myself from my schoolwork and it would pile up until I absolutely needed to do it. Now I feel much more relaxed knowing that my work is getting done in a timely manner and I'm not having to worry about it the day before it's due.</p>		
Day 5	Thursday	Date: 10/03/2019
<p>At this point in the week, I am beginning to see the benefits of staying off social media. Not only am I becoming more productive, I am also sleeping better than I used to. Usually, I would be on my phone until midnight, then attempt to fall asleep. As you might expect, that doesn't work too well for me since I usually fall asleep at one o'clock in the morning. However, since I eliminated my phone from my nightly routine, I am starting to fall asleep much earlier, which leads to me getting a sufficient amount of sleep. I feel more energized during the day, and no longer experience such a brutal midday crash.</p> <p>Another benefit I have noticed was that I was feeling a lot less anxious. I've never thought of myself as an overly anxious person, but being off social media has allowed me to live in the moment and not constantly think ahead. For the last week, I've been able to clear my mind and focus on the tasks at hand, which has led to a feeling of relief.</p>		
Day 6	Friday	Date: 10/04/2019
<p>After a full school week of no social media, this is the least stress I've felt since I've</p>		

entered college. Being off social media has forced me to be productive and get all of my schoolwork done in a timely manner. Before this health diary, I would postpone my work and have to finish it over the weekend. However, all of my schoolwork is complete for the week, and I am free to enjoy my weekend. I plan on spending the weekend relaxing and enjoying time with my family and appreciating the people around me.

Day 7	Saturday	Date: 10/05/2019
<p>As I am nearing the finish line, the urge to check my phone has resurged stronger than before. One of my favorite musical artists surprisingly dropped a song and had social media buzzing. I desperately wanted to check my phone and see what everyone was saying, but it occurred to me that it didn't matter what anyone else thought of the song, the only opinion that truly mattered was mine. This may seem a little self-centered, but it allowed me to realize another hidden benefit of staying off social media. By removing myself from social media, it protected me from being influenced. I had to formulate my own opinions on matters and that allowed me to develop a new sense of confidence. Throughout the week, the pressures of social media were lifted off my shoulders, and I was truly my own person.</p>		

Health Behavior Change Experience Evaluation Grid

Q	Statement	Disagree ↔ Agree				
1	Being a required assignment help making the change easier	1	2	3	4	5
2	Maintaining the change got easier as time went on	1	2	3	4	5
3	Maintaining the change got harder as time went on	1	2	3	4	5
4	I had to make changes in my life to maintain the behavior change	1	2	3	4	5
5	I wasn't sure if I could maintain the change for a whole week	1	2	3	4	5
6	I was confident, as the week went on, that I can maintain the change	1	2	3	4	5
7	After making and maintaining the change for one week I know I can make this a permanent change	1	2	3	4	5
8	The change will be beneficial for my health in the long run	1	2	3	4	5
9	Based on my experience with this behavior change I know I can make other changes in my life to improve my health	1	2	3	4	5

What Did You Learn from This Experience?

This week taught me a lot about not only myself, but about society as a whole. I realized how caught we are in what's going with everyone else, that we sometimes neglect what's going on in the world around us. By being so caught up in our phones, we miss out on a genuine human connection with others. Take my tattoo experience as an example. It would've been easy for me

to put in my headphones and delve into the world of social media and drown out any opportunity for conversation. However, I turned to the tattoo artist and began having a genuine conversation with him. I feel like a greatly benefitted from his story, and it inspired to chase after my passion. If I had just plugged myself into that digital world, I would've missed out on that experience. One of the main things I learned from this experience is to allow yourself to live in the moment and take in the beautiful world that surrounds us every day.

Another major thing I realized was the multitude of physical health benefits that came with staying off social media. It sort of caused a positive ripple effect in my life. The first benefit I noticed was my increased productivity. I was no longer distracted by social media and I was forced to focus on my work. Since I was getting all of my work done on time, I noticed that I was beginning to feel a lot less stress. College is no doubt a stressful time, but I quickly realized that there is no place for procrastination. By effectively removing social media from my daily routine, I was able to limit the amount of stress I was exposed to. Secondly, being off social media helped improve my sleep schedule. Usually I would be on my phone until midnight, but ever since I stopped using my phone at night, I found it much easier to fall asleep at reasonable times. With my new and improved sleep schedule, I discovered that I was much more energized throughout the day and was able to focus better in class.

Lastly, being off social media allowed me to become more appreciative of my life. Often times on social media, people exclusively post their highlights, which creates a feeling of jealousy and envy in those who see it. By not being so exposed to people's glamorous lifestyle, I was able to realize and understand how truly blessed I am. Influencers on social media make you feel like you need to attain their level of success to be happy, however that cannot be further from the truth. Everything you need to be happy is right in front of you. We just need to live in the present and realize that happiness comes from within, not from external objects.

Rate Your Future Success with Your Health Behavior Change

I'm not sure how successful I'd be in maintaining the level of isolation from social media like I have this week. I enjoy seeing what's going on with my friends and what's going on in the world, but I will definitely limit the amount of time I spend on it. Before starting the health diary, I was on social media for about two hours a day. I'm going to try to cut that number down to no more than 30 minutes a day. I will also make sure that social media doesn't become a priority. My schoolwork and other important tasks must come first. Additionally, I will make sure that I refrain from using my phone late at night. I wish to maintain that level of energy that felt throughout the week and keep my stress level down. Most importantly, I'm not going to let social media dictate my life. I will continue to be my own person and seek out that connection with others instead of drowning myself in my phone. I know that maintaining this change won't be easy, but if I can demonstrate a level of mental toughness in the beginning, it will break the habit of checking social media, and I will be able to maintain this change.

75%

Revised 6/26/19