**Media Addicts Anonymous**

**Plans for Happy Media Fasting**

**Part 1: Media Replacement Plan**

Many of us turn to media as our primary source of relaxation and entertainment. When we stop compulsively using media, we may feel a void. To achieve long-term media sobriety, it’s essential to have a plan to fill that space with healthy, enjoyable alternatives. Creating a Media Replacement Plan will help you build a more fulfilling, balanced life.

A. Fun, Pleasure, and Relaxation

List activities you genuinely enjoy—things that bring you fun, relaxation, and pleasure. Post this list somewhere visible and share it with your sponsor or accountability partners. Use these activities daily to replace electronic media.

B. Connection and Play

Schedule time each week for play and social connection. Many of us have used media as a substitute for real recreation and relationships. Be willing to learn new ways to play and connect. When spending time with others, turn off your devices and be fully present.

C. Brain Health Awareness

Engage your mind in healthy ways: study, thoughtful reading, journaling, or meaningful conversation. Challenge yourself with activities that require focus and memory, like memorizing poems or phone numbers, or taking a class to learn something new.

D. Creativity

Nourish your creativity through writing, art, music, dance, theater, or any creative pursuit that fulfills you. Set aside time each week to explore and express your creative side.

Assignment:

* List 10 things you can do for fun, pleasure, and relaxation.
* Name three people you want to connect with more. How can you start today?
* List three ways to exercise your brain this week.
* List three ways to be more creative. Can you start one this week?

**Part 2: Daily Body Care & Adequate Sleep**

Media can distract us from caring for our bodies. Lasting sobriety depends on good sleep and body awareness. Set a media curfew and a regular bedtime. Keep electronics out of your bedroom. During the day, nourish your body with healthy food, exercise, and fresh air. Spend time in nature, unplugged, to ground yourself and awaken your senses. When needed, seek support from healthcare and healing professionals.

Please answer:

* + What time do you want to go to bed?
  + What time do you want to wake up?
  + What are three things you can do this month to better care for your body?