

**9 Rules of Stand Against Social Network Addiction**  
www.all-rules.com

**1. Redefine social network**

Social networks are the tools but not the lifestyles. Use it but don't let them use you.

**2. Monitor your time**

Set a limit and track a time. When time is up, logout. Tomorrow you'll finish all your business.

**3. Go for a walk**

You need to relax. Go outside, look at the trees and clouds, meet peoples. Working with computer all the time can harm your health, so don't forget to do pauses.

**4. Do not double yourself**

Do not subscribe in the same type of social network. Limit your memberships.

**5. Use networks effectively**

Do not add to friends everyone. Choose only people with the same interest. It's impossible to communicate with hundreds people.

**9. Make your real life**

Call your friends (don't send them message, call them), go for a date, spent your time with family and friends.

**Do not use cellphone  
8. applications**

Get some rest. Use your social networks only when you are at computer.

**7. Do not procrastinate**

Sometimes we have the work that we don't want to do. And we begin to procrastinate. Do not log in. Be strong. Do the work first.

**6. Set out the priorities**

Log in only when you finished your work or during the lunch-break.