

Social Media Blocker — Installation Guide

Stay focused. Scroll smart.

1 Install the Shortcut

Tap the button below to add the Social Media Blocker to your iPhone.

Install Shortcut:

<https://www.icloud.com/shortcuts/a7a720603fc44a53b1d1114f6daac8fe>

2 Create Your Automation

This shortcut works through Apple's Automations feature.

- Open **Shortcuts** → **Automation** → **+** → **Create Personal Automation**
- Choose **App** → **Choose** → [Select your social media apps]
- Tap **Next** → **Run Shortcut** → **Social Media Blocker**
- Turn off **Ask Before Running**
- Tap **Done**

3 Set Your Time Limit

When you open a selected app, choose 5, 10, or 15 minutes. An invisible timer starts automatically.

- At halfway, you'll receive a gentle reminder.
- When time ends, your phone returns to the home screen, dims brightness to 20%, and mutes the volume.

4 Optional Customization

You can edit the shortcut to:

- Change the halfway notification text
- Adjust brightness or volume levels
- Add vibration or sound alerts

5 Troubleshooting

If the automation doesn't trigger:

- Check that **Ask Before Running** is disabled
- Ensure the shortcut is linked to the correct apps
- Restart your iPhone after setup
- Reinstall the shortcut if needed

6. You're Ready

Your Social Media Blocker is now active. Enjoy mindful scrolling and better focus — one tap at a time.