



HOW TO CLEAN YOUR FEED

QUICK VERSION

1. Disclaimer: These are actions, settings, and tips that I use. They are not the only ones nor am I claiming these are the best. They are what works for me.
2. This is the Quick Version and does not address privacy or how FB uses your information.

How To Keep Your Facebook Feed Clean

3. Edit Your **News Feed Preferences**

a. Account > Settings & Privacy > New Feed Preferences

i. Manage Favorites

1. Blue Star only those you want to see

2. Uncheck most people and pages

ii. Unfollow

1. Blue Star only those you want to see

2. Uncheck most people and pages

3. This will take lots of time

4. Friends

a. My philosophy: If I want to communicate with them, I **befriend** them and **unfollow**.

i. I can always go to their page to catch up anytime.

Take the extra step to unfollow after liking a person, page, or group.

ii. Note the “People You May Know” post will never go away.

5. **Set limits.** Do not let tech control you.

6. **Think before you click.** Keep in mind what you click on and engage with. Facebook learns from your actions. If you are curious about something, before you click on it ask yourself, “Do I want to see more of this?”

7. **Respond** to the Recommended posts and Sponsored posts. That tells Facebook what you are or are not interested in.

8. **Hide Ads** (My favorite reason: **Irrelevant**)

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Sources:

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