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Ways to be Device-Free and halt phone addiction

1 Prioritize Your Social Platform

Delete ALL social media apps from your phone and tablet, then add them back one day at a time. You will see which you apps you **miss the most** and which are just **time suckers**.

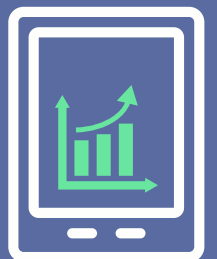


2 Host a Device-Free Dinner

Go to any restaurant now and you'll be sure to see tables of people ignoring each other to be engaged with their phones. Break the chain by hosting a device-free dinner party by having attendees drop their phones in a basket on arrival. This ensures everyone stays present and in the moment.

3 Manage Your Screen Time

Try an app like **OFFTIME** that allows you to set your "off times" and manages your messages, turning off distracting apps during specified hours. You can also keep tabs on your screen time via the settings in your phone- most smartphones will actually break down which apps you use the most and how much time you spend on each daily.



4 Get a Watch

Relying on your phone for the time makes it incredibly easy to be distracted by messages and notifications every time you pick up your phone. Getting a watch reduces the amount of time you reach for your phone.

5 Kick Your Device OUT of Bed

Research shows that screen time before bed not only keeps us up later but also impacts the quality of the sleep we do get! So keep the scrolling to a minimum in the bedroom and try to avoid electronics at least a half hour before turning in.

