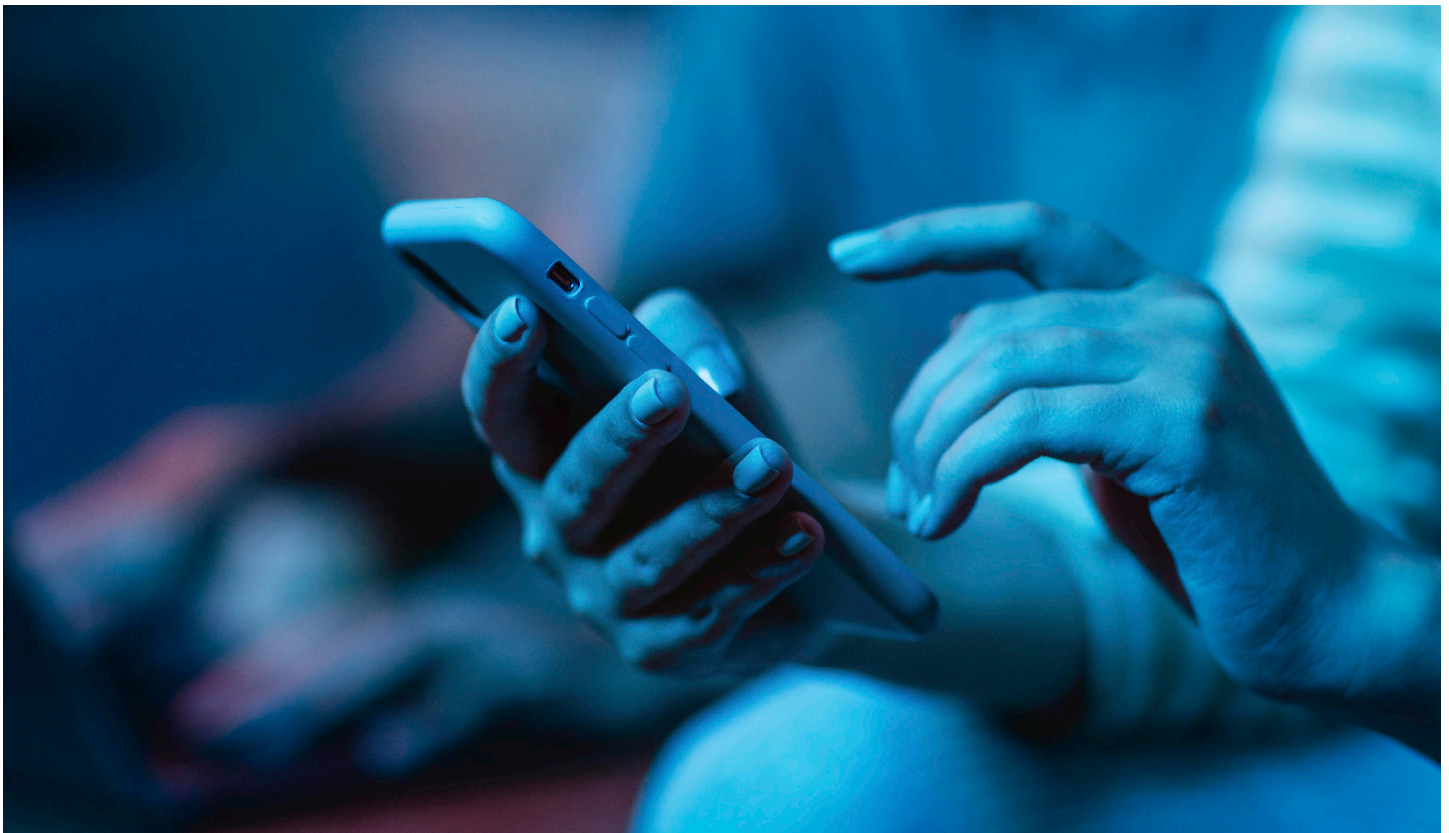# how to unplug from
TECHNOLOGY

OVERVIEW:

The average American spends more than seven hours a day looking at a screen, which can interfere with their physical and mental health. This guide can help you cut back on the hours you spend on your devices and develop better habits.

Print and hang it somewhere in your home as a reminder to turn off your phone, tablet, or TV whenever you can.

WHAT'S INCLUDED:

· *A list of tips for reducing your screen time*

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The benefits of unplugging:

- Reduced stress, anxiety, and depression
- Improved sleep quality
- Better relationships
- Increased free time

Don't know how to do it? Here are a few ideas to get you started:

- Put your phone in a different room during meals so it's **out of sight, out of mind.**

- Because the blue light from your phone and TV screens can interfere with your sleep cycle, **make your bedroom a screen-free zone.**

- **Pick a time when you'll turn off all your screens each day,** and then spend the evening doing other activities such as reading a book or playing a board game with loved ones.

- Step away from the computer or TV during the day, and **take a walk through your neighborhood.**

- Enable the **"Do Not Disturb"** feature on your phone when you're working so you won't be distracted by various notifications.

- Find ways to **limit your daily phone usage,** setting parameters for how and when you'll spend time scrolling through social media.

- Take a longer break from social media by **deleting your apps for one week.**