

small things TO IMPROVE YOUR DIGITAL HEALTH

Here are some hacks us Small Thingsters have been using to create friction around our Smart Phone usage. We're loving how much more time we have and the feeling of greater connection with our family and friends.

- ☐ **Sleep with an alarm clock next to your bed** – start your day without your phone.
- ☐ **Schedule your screen time** – isolate your social media use to a specific time, away from your kids, just like watching a show.
- ☐ **Keep your phone in your bag or car** – the next time you go to a café with someone and do not take it out.
- ☐ **Designate device-free zones** – e.g. tables and bedrooms
- ☐ **Have a 'hang up' station** where your phone lives and turn up the ring.
- ☐ **Take social media off of your phone** – keep it on your computer.
- ☐ **Take email off of your phone** – keep it on your computer. Scary, we know.
- ☐ **Change your search engine so you are not tracked** – try Ecosia or Duck, Duck, Go.
- ☐ **Use your phone to call a friend**
- ☐ **Write in a notebook** – with pen and paper.
- ☐ **Leave your phone in the car** – when you pick up your kids.
- ☐ **Carry a good book for those spare moments** – waiting rooms, school pick-up.
- ☐ **Just wait** – just sit there and wait.

☐☐☐☐☐☐