

Healthy Tech Habits For Managing Stress

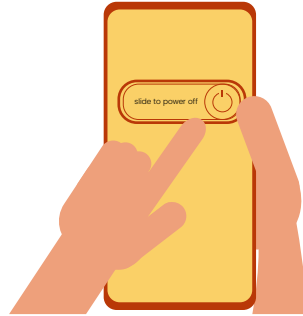
Find A Healthy Balance

Identify tech-free places



Designate tech-free areas in your home. (e.g. dinner table, bedroom, bathroom)

Set aside technology-free time



Take breaks from using screens. Lessen screen time by scheduling tech-free activities throughout the week, such as playing sports, visiting the park, or spending time with family.

Avoid bringing your phone to bed



Instead, choose relaxing activities before bed to help you get quality sleep (e.g. taking a bath, journaling, or drinking Lavender tea).

5-Step Digital Detox

1. Set a time limit

Schedule a duration when you plan to commit to your digital detox.

2. Identify what to include in your digital detox

Choose what devices, apps, or websites you want to detox from.

3. Turn off notifications

This can help you focus on your other tasks and avoid the urge to turn to your device the moment a notification pops up.

4. Limit app usage

Change your phone settings or uninstall apps that you check often.

5. Inform your family and friends

If you decide to do a digital detox, tell your family and friends beforehand so they can contact you on your preferred channels.