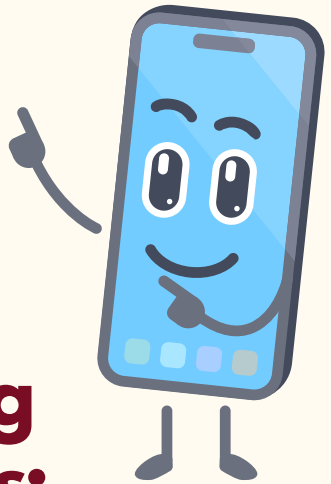




Quick tips for improving your relationship with your smartphone...



Practice mindfulness:

Before unlocking your phone, ask yourself, "Why am I checking my phone?" or "Do I really need to check my phone right now?"

Out of sight, out of mind:

Keep your phone in a drawer or face down on silent mode to avoid distractions during work, learning or study times.

Set phone-free zones:

Declare certain spaces phone-free, like the dining table or bedroom, to improve family time and sleep quality.

Set evening boundaries:

Turn off screens at least 30 minutes before bedtime and set your phone out of reach when going to sleep.

Digital decluttering:

Unfollow, mute, or delete apps that don't add value to your life. This reduces unnecessary notifications and stress.

Be present and in the moment:

Whether it's a concert, a hike, or a game night, challenge yourself to stay off your phone for the duration.

Set focused timers for study:

Set a timer on your phone and place it out of reach. Take a break when the timer goes off and reset when ready.

Schedule phone breaks:

Check your phone only during designated times (e.g., lunch). This boosts focus and productivity.