

Chapter 7:

Guidelines for Phone Use

Strategy	Accountability	Possible Obstacles	Solutions
Establish device-free zones	Make a list of places you agree not to use the phone: workspace, dinner table, bathroom.	Forgetting	Post a bright sticky note in that location to remind you to leave the device out of these spaces.
Silence notifications	Disable sounds and banners and batch them so they come all at once, only a few times per day.	Your curiosity may get the best of you.	Try it for one week and see if you notice a positive impact.
Create distance	Leave the phone in another room, especially when you are working, place it facedown so you can see the notifications, and put it behind a shelf or under a pillow so it is out of sight and mind.	Fear of missing out	Try these strategies a few times per day, starting with five-minute intervals and then slowly increasing the time.
Establish times of day when you do not use your phone	Meals, studying, family time, showering, right before bed	Forgetting	Set reminders in your phone. Leave phones outside of the room in which these activities are taking place.
Become the family ambassador of healthy device usage	Work with your family members to create family guidelines for devices	Not everyone will agree or follow the suggested guidelines	Set up an awards system; create partnerships between family members to hold each other accountable and to support one another.