ATTENTION FIRST AID

TIPS ON HOW TO CURB YOUR SCREEN TIME

- Replace smart phone with a traditional alarm clock. This prevents getting sucked online before stepping out of bed.

- Remove distracting social media apps from your phone, limiting access to your home computer. If this feels too extreme, hide the social media apps in a folder.

- Turn on your phone's grayscale. Dulled icons dim appeal.

- Will power alone will not curb compulsive checking. Alter the cues. Or, in other words, create inconvenience, something that causes an extra step in accessing your phone. This could be driving with your phone in the glove compartment, keeping it zipped in your purse or backpack, or turning it off after each use.

- Conduct a time audit. You can't deny facts, but you can deny "I don't have a digital distraction problem."

- Use a blocking app.

- Exit home with your phone not fully charged. Extreme yes, but it promotes judicial use.

- Wear a watch. Using your phone cues online temptation.

- Guilt yourself. We spend, on average, 2 hours and 27 minutes per day on social media. This, over one year, equates to 34 days. Imagine what you could have accomplished with more productive use of this time.

- Purge your social media lists. Follow only family and close friends.

- Allow yourself to reboot. Get outside without your phone.