



CONSIDER A DIGITAL DETOX IF YOU ANSWER 'YES' TO ANY OF THE FOLLOWING QUESTIONS

- Have you ever lost track of time whilst using your smart phone? YES NO
- Do you have to check your phone as soon as it vibrates or makes a sound? YES NO
- Are you distracted by your phone in the presence of family and friends? YES NO
- Have you ever tumbled down a wormhole on a social media app and lost an hour? YES NO
- Do you ever stay on your phone instead of going to sleep? YES NO
- Is checking your phone the first thing you do in the morning? YES NO

According to your smart devices' Screen Time' or Android's 'Digital Wellbeing' app what is the daily average amount of time you spend on your phone?

How much time do you think is healthy to be spending on your phone?

Write down three activities you currently participate in which makes you forget about your phone?

- 1. _____
- 2. _____
- 3. _____

If scrolling social media on your phone is passive time. What could be considered active time? *Examples: going for a walk, reading a book, meeting up with a friend, studying.*

Write down five rules of engagement to facilitate active choices rather than accidental decisions about your engagement with your smartphone. *Examples: Each week turn your phone off for 24 hours, set screen time limits, don't use my phone on the toilet.*

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Designate a segment of time every day for mindfulness. A period where you turn off your phone and leave space for self-creation. *(Start with 20 mins)*

From _____ am/pm to _____ am/pm