

# MINDFUL SCREEN USE STRATEGIES



- ✓ REFRAME CONCEPT OF LIMITS AS LIFE-GIVING AND NECESSARY FOR WELL-BEING
- ✓ DESIGNATE SCREEN-FREE TIMES & ZONES: (e.g., meals, class, meetings, bedrooms, conversations, commuting, waiting in lines, sporting events, etc.)
- ✓ LIMIT ENTERTAINMENT MEDIA – (e.g., social media, video games, YouTube, Netflix, etc.)
  - 10 MIN / PLATFORM | 30 MIN MAX (SOCIAL MEDIA)
  - 1-2HRS/DAY – ALL ENTERTAINMENT SCREEN TIME
  - LIMIT OR ELIMINATE ENTERTAINMENT APPS ON PHONE
  - SAVE FOR AFTER TASKS & RESPONSIBILITIES ARE DONE
  - CHOOSE SPECIFIC WINDOWS OF TIME FOR USE
  - USE TIMER
- ✓ LIMIT DISTRACTION & MULTITASKING - SILENCE & KEEP PHONE OUT-OF-SIGHT
- ✓ TURN OFF NOTIFICATIONS
- ✓ KEEP PHONES IN A BASKET OR DRAWER AFTER SCHOOL OR WORK
- ✓ CONSIDER FLIP PHONES OR WATCHES AS ALTERNATIVES TO SMARTPHONES
- ✓ CONSIDER PARENTAL CONTROL SOFTWARE (E.G., BARK, QUSTODIO, ETC)
- ✓ LIMIT WHO YOU FOLLOW, FRIEND, GROUP TEXTS
- ✓ BE MINDFUL OF MOTIVES FOR USE (e.g., purposeful vs. avoiding feelings or tasks, seeking validation)
- ✓ INVENTORY SCREEN ACTIVITIES; ELIMINATE OR LIMIT UNHELPFUL ACTIVITIES
- ✓ CHOOSE SCREEN ACTIVITIES IN LINE WITH VALUES AND GOALS
- ✓ KEEP LIST OF SCREEN-FREE ACTIVITIES IN SIGHT