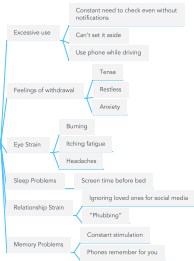


# OVERCOME PHONE ADDICTION

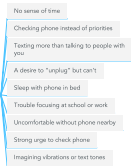
## Why Phones Are Addictive?



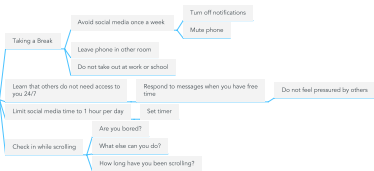
## Signs of Phone Addiction



## Are You Addicted?



## Making Better Phone Habits



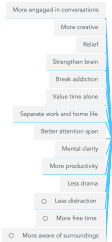
## Time Spent on Phone in U.S.



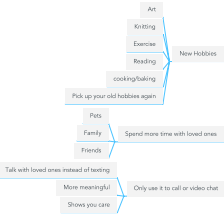
## How to Recognize Phone Addiction in Others



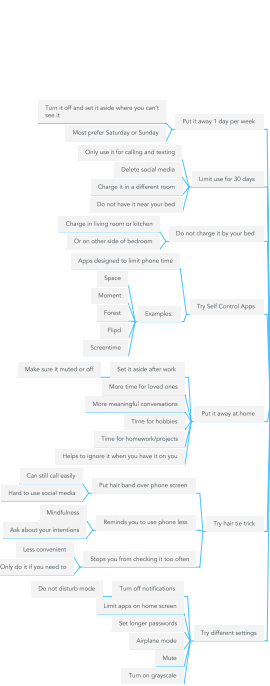
## Benefits of Using Phone Less Often



## What Else You Can Do?



## Tips to Beat Phone Addiction



# **OVERCOME PHONE ADDICTION**

## **1. Signs of Phone Addiction**

### 1.1. Excessive use

1.1.1. Constant need to check even without notifications

1.1.2. Can't set it aside

1.1.3. Use phone while driving

### 1.2. Feelings of withdrawal

1.2.1. Tense

1.2.2. Restless

1.2.3. Anxiety

### 1.3. Eye Strain

1.3.1. Burning

1.3.2. Itching fatigue

1.3.3. Headaches

### 1.4. Sleep Problems

1.4.1. Screen time before bed

### 1.5. Relationship Strain

1.5.1. Ignoring loved ones for social media

1.5.2. "Phubbing"

### 1.6. Memory Problems

1.6.1. Constant stimulation

1.6.2. Phones remember for you

## **2. Are You Addicted?**

### 2.1. No sense of time

- 2.2. Checking phone instead of priorities
- 2.3. Texting more than talking to people with you
- 2.4. A desire to “unplug” but can’t
- 2.5. Sleep with phone in bed
- 2.6. Trouble focusing at school or work
- 2.7. Uncomfortable without phone nearby
- 2.8. Strong urge to check phone
- 2.9. Imagining vibrations or text tones

### **3. Making Better Phone Habits**

#### 3.1. Taking a Break

##### 3.1.1. Avoid social media once a week

###### 3.1.1.1. Turn off notifications

###### 3.1.1.2. Mute phone

##### 3.1.2. Leave phone in other room

##### 3.1.3. Do not take out at work or school

#### 3.2. Learn that others do not need access to you 24/7

##### 3.2.1. Respond to messages when you have free time

###### 3.2.1.1. Do not feel pressured by others

#### 3.3. Limit social media time to 1 hour per day

##### 3.3.1. Set timer

#### 3.4. Check in while scrolling

##### 3.4.1. Are you bored?

##### 3.4.2. What else can you do?

##### 3.4.3. How long have you been scrolling?

## **4. Time Spent on Phone in U.S.**

4.1. 272.6 million smartphone users in the U.S.:

4.1.1. 5.4 hours a day average on phone

4.1.2. 2 hours 24 minutes on social media a day

4.1.3. 66% check phone 160 times/day

4.1.4. 66% sleep with phones

## **5. How to Recognize Phone Addiction in Others**

5.1. They seem disinterested without phone

5.1.1. Wants to talk about social media

5.2. Need to charge phone

5.2.1. Anxious if phone is dying

5.2.2. Will go out of way to charge it

5.2.3. May take your charger

5.2.4. Agitated

## **6. Benefits of Using Phone Less Often**

6.1. More engaged in conversations

6.2. More creative

6.3. Relief

6.4. Strengthen brain

6.5. Break addiction

6.6. Value time alone

6.7. Separate work and home life

6.8. Better attention span

6.9. Mental clarity

6.10. More productivity

- 6.11. Less drama
- 6.12. ○ Less distraction
- 6.13. ○ More free time
- 6.14. ○ More aware of surroundings

## **7. What Else You Can Do?**

### 7.1. New Hobbies

- 7.1.1. Art
- 7.1.2. Knitting
- 7.1.3. Exercise
- 7.1.4. Reading
- 7.1.5. cooking/baking
- 7.1.6. Pick up your old hobbies again

### 7.2. Spend more time with loved ones

- 7.2.1. Pets
- 7.2.2. Family
- 7.2.3. Friends

### 7.3. Only use it to call or video chat

- 7.3.1. Talk with loved ones instead of texting
- 7.3.2. More meaningful
- 7.3.3. Shows you care

## **8. Tips to Beat Phone Addiction**

### 8.1. Put it away 1 day per week

- 8.1.1. Turn it off and set it aside where you can't see it
- 8.1.2. Most prefer Saturday or Sunday

## 8.2. Limit use for 30 days

8.2.1. Only use it for calling and texting

8.2.2. Delete social media

8.2.3. Charge it in a different room

8.2.4. Do not have it near your bed

## 8.3. Do not charge it by your bed

8.3.1. Charge in living room or kitchen

8.3.2. Or on other side of bedroom

## 8.4. Try Self Control Apps

8.4.1. Apps designed to limit phone time

8.4.2. Examples:

8.4.2.1. Space

8.4.2.2. Moment

8.4.2.3. Forest

8.4.2.4. Flipd

8.4.2.5. Screentime

## 8.5. Put it away at home

8.5.1. Set it aside after work

8.5.1.1. Make sure it muted or off

8.5.2. More time for loved ones

8.5.3. More meaningful conversations

8.5.4. Time for hobbies

8.5.5. Time for homework/projects

8.5.6. Helps to ignore it when you have it on you

## 8.6. Try hair tie trick

8.6.1. Put hair band over phone screen

8.6.1.1. Can still call easily

8.6.1.2. Hard to use social media

8.6.2. Reminds you to use phone less

8.6.2.1. Mindfulness

8.6.2.2. Ask about your intentions

8.6.3. Stops you from checking it too often

8.6.3.1. Less convenient

8.6.3.2. Only do it if you need to

## 8.7. Try different settings

8.7.1. Turn off notifications

8.7.1.1. Do not disturb mode

8.7.2. Limit apps on home screen

8.7.3. Set longer passwords

8.7.4. Airplane mode

8.7.5. Mute

8.7.6. Turn on grayscale

# 9. Why Phones Are Addictive?

9.1. Offer social interaction

9.1.1. Access to social media and texting

9.2. Offer constant entertainment

9.2.1. Games, videos, apps, etc.

### 9.3. Make life easier

9.3.1. Access to search engines

9.3.2. Online shopping

9.3.3. Calendars and planning

9.3.4. Easy communication

9.3.5. GPS

### 9.4. Always available

9.4.1. Small and easy to carry

9.4.2. Longer battery life

### 9.5. Everyone uses them

9.5.1. 96% of Americans

9.5.2. Seeing others use them

### 9.6. Luxury Options

9.6.1. New models

9.6.2. Pricey, fun to buy

9.6.3. Choice of colors and designs