

OVERCOME PHONE ADDICTION



CHECKLIST

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- **Signs of Phone Addiction**

- Excessive use
 - Constant need to check even without notifications
 - Can't set it aside
 - Use phone while driving
- Feelings of withdrawal
 - Tense
 - Restless
 - Anxiety
- Eye Strain
 - Burning
 - Itching fatigue
 - Headaches
- Sleep Problems
 - Screen time before bed
- Relationship Strain
 - Ignoring loved ones for social media
 - "Phubbing"
- Memory Problems
 - Constant stimulation
 - Phones remember for you

- **Are You Addicted?**

- No sense of time
- Checking phone instead of priorities
- Texting more than talking to people with you
- A desire to "unplug" but can't
- Sleep with phone in bed
- Trouble focusing at school or work
- Uncomfortable without phone nearby
- Strong urge to check phone
- Imagining vibrations or text tones

- **Why Phones Are Addictive**

- Offer social interaction
 - Access to social media and texting
- Offer constant entertainment
 - Games, videos, apps, etc.
- Make life easier
 - Access to search engines
 - Online shopping
 - Calendars and planning
 - Easy communication
 - GPS
- Always available
 - Small and easy to carry
 - Longer battery life
- Everyone uses them
 - 96% of Americans
 - Seeing others use them
- Luxury Options
 - New models
 - Pricey, fun to buy
 - Choice of colors and designs

- **Tips to Beat Phone Addiction**

- Put it away 1 day per week
 - Turn it off and set it aside where you can't see it
 - Most prefer Saturday or Sunday
- Limit use for 30 days
 - Only use it for calling and texting
 - Delete social media
 - Charge it in a different room
 - Do not have it near your bed
- Do not charge it by your bed
 - Charge in living room or kitchen
 - Or on other side of bedroom

- Try Self Control Apps
 - Apps designed to limit phone time
 - Examples:
 - Space
 - Moment
 - Forest
 - Flipd
 - Screentime
- Put it away at home
 - Set it aside after work
 - Make sure it muted or off
 - More time for loved ones
 - More meaningful conversations
 - Time for hobbies
 - Time for homework/projects
 - Helps to ignore it when you have it on you
- Try hair tie trick
 - Put hair band over phone screen
 - Can still call easily
 - Hard to use social media
 - Reminds you to use phone less
 - Mindfulness
 - Ask about your intentions
 - Stops you from checking it too often
 - Less convenient
 - Only do it if you need to
- Try different settings
 - Turn off notifications
 - Do not disturb mode
 - Limit apps on home screen
 - Set longer passwords
 - Airplane mode
 - Mute
 - Turn on grayscale

- **What Else You Can Do**

- New Hobbies
 - Examples:
 - Art
 - Knitting
 - Exercise
 - Reading
 - cooking/baking
 - Pick up your old hobbies again
- Spend more time with loved ones
 - Pets
 - Family
 - Friends
- Only use it to call or video chat
 - Talk with loved ones instead of texting
 - More meaningful
 - Shows you care

- **Making Better Phone Habits**

- Taking a Break
 - Avoid social media once a week
 - Turn off notifications
 - Mute phone
 - Leave phone in other room
 - Do not take out at work or school
- Learn that others do not need access to you 24/7
 - Respond to messages when you have free time
 - Do not feel pressured by others
- Limit social media time to 1 hour per day
 - Set timer
- Check in while scrolling
 - Are you bored?
 - What else can you do?
 - How long have you been scrolling?

- **Benefits of Using Phone Less Often**

- More engaged in conversations
- More creative
- Relief
- Strengthen brain
- Break addiction
- Value time alone
- Separate work and home life
- Better attention span
- Mental clarity
- More productivity
- Less drama
- Less distraction
- More free time
- More aware of surroundings

- **Time Spent on Phone in U.S.**

- 272.6 million smartphone users in the U.S.:
 - 5.4 hours a day average on phone
 - 2 hours 24 minutes on social media a day
 - 66% check phone 160 times/day
 - 66% sleep with phones

- **How to Recognize Phone Addiction in Others**

- They seem disinterested without phone
 - Wants to talk about social media
- Need to charge phone
 - Anxious if phone is dying
 - Will go out of way to charge it
 - May take your charger
 - Agitated