



Our phones are a big part of daily life. Small changes can help you sleep better, feel less stressed, and connect more with others.

## How to Take a Break

### Set clear limits

- No phones during meals
- No phones 1 hour before bed or after waking

### Create distance

- Keep your phone out of reach
- Try a phone lock box, a brick device or leave it in another room

### Plan alternatives

- Read, go outside, do a hobby, spend time with others

### Connect in Real Life

- Ask a friend or family member to join you in a phone break

## Start With Awareness

- Notice when and why you reach for your phone – stress, boredom, habit.
- Ask yourself: Why now? What purpose? Can I do something else instead?
- Check your screen time usage, pickups and notifications in your settings – no judgement!
- Identify which apps take most of your time.



## Small Changes Add Up

**1 hour less a day = 15 full days per year**  
**3 hours less a day = 45 full days per year**

Reclaim your time to do what matters to you!

## Make Your Phone Less Tempting

- Change your phone to grayscale mode.
- Set a plain home screen and add an encouraging reminder or affirmation.
- Turn off notifications for texts & apps.
- Set app timers for daily use.
- Move distracting apps into a folder.
- Use Do Not Disturb to reduce interruptions.
- Log out or delete apps that waste your time.

## Resources

Book: How to Break Up with your Phone  
by Catherine Price  
[www.humanetech.com](http://www.humanetech.com)  
[www.healthyscreenhabits.org](http://www.healthyscreenhabits.org)