

YOUR DIGITAL DETOX

IN 10 EASY STEPS

A growing body of research indicates mobile device addiction has reached near epidemic proportions. Studies estimate Americans spend as high as four hours per day on their cell phones and tablets, and it's taken a toll on some people's physical and mental health.

If you could use a digital detox, consider these steps to help get your mobile usage back in balance.



1. Both Apple and Google now have apps (Screen Time and Digital Wellbeing, respectively) that can monitor your device usage and be programmed to lock your apps if you've reached time limits. Come up with a plan to curb your time on the device and use these tools to hold you to it.



2. Take on the challenge as a household, hold each other accountable and set fun rewards for reaching goals.

3. Vacation and holidays are just that. Don't spend them checking in on work messages the whole time.

4. If you demand that your kids cut their usage, you need to model that behavior.

5. An old-fashioned timepiece on your wrist gets rid of one major reason to reach into your pocket.

6. Make at least two days per month completely device-free. Leave it home or don't put it on the charger the night before.



7. Eliminate the time vampires in your social media feeds. Some people will stress you out with their constant political arguments and complaints about life. Mute or delete them until you have a feed that brings you happiness.

8. Set your device to airplane mode during off-work hours. It's a lot less tempting to pick it up when the beeps and buzzes from every email and social mention are gone.

9. Dine without distraction. No phones at the dinner table.

10. Charge your phone in another room.

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