



Why start these habits? The overuse of screens is decreasing mental, emotional, interpersonal, and physical well-being in people everywhere. We believe these essential practices will help combat some of the most problematic screen-use issues we see today.

Habit #1: Ask, "What's my purpose?" - Ask yourself 2 QUESTIONS, whenever you pick up your device: 1) What's my purpose? and 2) How long will it take?

Habit #2: Remember "The Grandma Rule" - Remember the "Grandma Rule" when you're writing a DM (direct message), sending a picture, or posting *anything* online. If you wouldn't want Granny to see it, don't send it!

Habit #3: Phones Away or Silent - Put your phone away or set it to silent mode when you're working on important tasks or when you're with people. Stay connected to whoever you're with in person.

Habit #4: Put Your Phone to Bed - Decide on a time that you will turn your phone in for the night. Protect your sleep by charging your phone and other devices in the master bathroom instead of the bedroom.

Habit #5: No Phones in Bedrooms or Bathrooms - Keep phones and other connected devices out of bedrooms and bathrooms. Tech stays in public spaces.

