



**CONSIDER A DIGITAL DETOX IF YOU ANSWER 'YES' TO ANY OF THE FOLLOWING QUESTIONS**

Have you ever lost track of time whilst using your smart phone?  YES  NO

Do you have to check your phone as soon as it vibrates or makes a sound?  YES  NO

Are you distracted by your phone in the presence of family and friends?  YES  NO

Have you ever tumbled down a wormhole on a social media app and lost an hour?  YES  NO

Do you ever stay on your phone instead of going to sleep?  YES  NO

Is checking your phone the first thing you do in the morning?  YES  NO

**According to your smart devices' Screen Time' or Android's 'Digital Wellbeing' app what is the daily average amount of time you spend on your phone?**

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**How much time do you think is healthy to be spending on your phone?**

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**Write down three activities you currently participate in which makes you forget about your phone?**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**If scrolling social media on your phone is passive time. What could be considered active time?** *Examples: going for a walk, reading a book, meeting up with a friend, studying.*

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**Write down five rules of engagement to facilitate active choices rather than accidental decisions about your engagement with your smartphone.** *Examples: Each week turn your phone off for 24 hours, set screen time limits, don't use my phone on the toilet.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Designate a segment of time every day for mindfulness. A period where you turn off your phone and leave space for self-creation.** *(Start with 20 mins)*

From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm