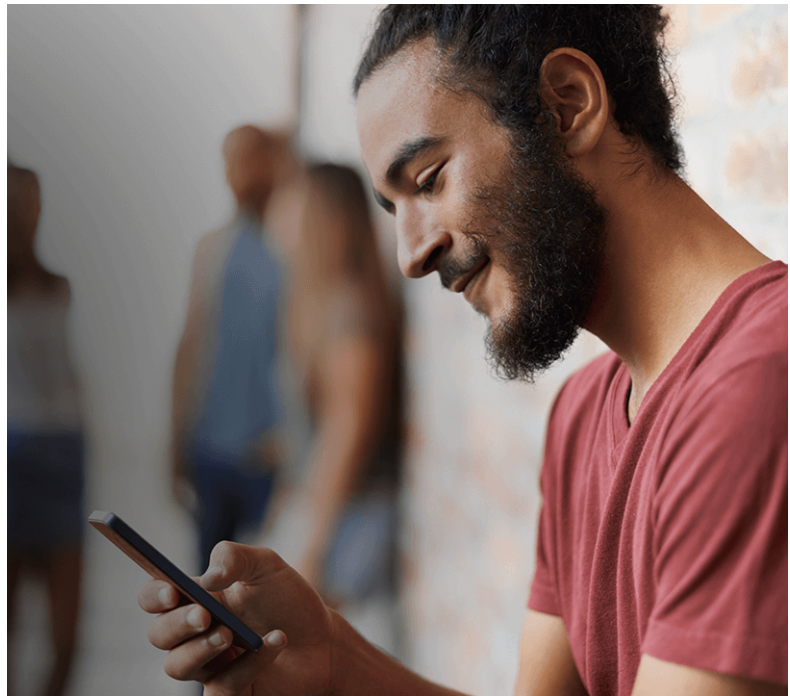# LIMITING YOUR SCREEN TIME THE EASY WAY

➔ 6 Ways to Get Started

1. No eating w/ the screen (according to Interestingengineering.com, it'll give your eyes a break + you'll enjoy your food more!)
2. Designate 2 times to check emails throughout the day so you are not constantly checking your laptop!
3. When possible, talk to your friends and family face to face, instead of Facetiming or texting!
4. Have one designated movie night a week and on other nights, choose a different activity!
5. Designate times to check social media apps (or pick your 2 favorite apps and delete the rest!)
6. Keep your phone in your backpack, instead of your hand so it is less convenient to pull it out when you feel bored

➔ How does excessive screen time hurt you?

According to <u>Barnsley College</u>, excessive screen time can cause...
- Eye strain
- Poor posture
- Lack of sleep
- Weight gain
- Depression

➔ Filling the Time

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Filling the Time
This is the million dollar question! If you're not staring at your screen, what do you do? Well here are few suggestions:

- Go on a walk/bike ride
- Draw
- Read
- Meditate
- Listen to music
- Grab lunch with a friend
- Exercise
- Dance party
- Find a view and appreciate it

We have become used to our phone being our friend when we are bored or need a break from work or school, but a screen doesn't have to be our default for relaxation! Train your brain to associate relaxation with face to face communication, sounds, and scenery. There is so much we all miss by staring at our screens, so let's get creative on ways to change that!

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IT'LL BE THERE WHEN YOU GET BACK (WE PROMISE)

By Michaela Bramwell

Yes, we know, as students your screen is your life line, whether it be your laptop, Ipad, Iphone, or tv. In today's day in age it's almost impossible to avoid screens, so we aren't asking you to throw away your Iphone, but being able to limit your own screen time is an important skill to have as a college student to benefit your overall mental and physical health. Putting the screen down, won't ruin your life: we promise that it will be there when you get back!

Limiting screen time is a marathon, not a sprint. Decrease your screen time by 10% to improve your health! According to <u>Reid Health</u>, experts say that limiting outside of work screen time to 2 hours is best, so start small. If your average screen time outside of work or school is 4 hours, try to bring that number down to 3 and half hours per day. Once you have achieved that goal and become consistent, shoot for 3 hours and so on!

This health goal should not have to be achieved alone! Excessive screen time is a common problem among college students, so team up with each other to keep everyone accountable! Celebrate the little victories together, spend time with each other instead of on social media, and find ways to make this journey fun.

Sources

https://www.reidhealth.org/blog/screen-time-for-adults

barnsley.ac.uk/benefits-of-reducing-screen-time

interestingengineering.com/11-ways-to-reduce-your-screen-time