

Digital Detox

6 Tips to Balance Your Screen Time

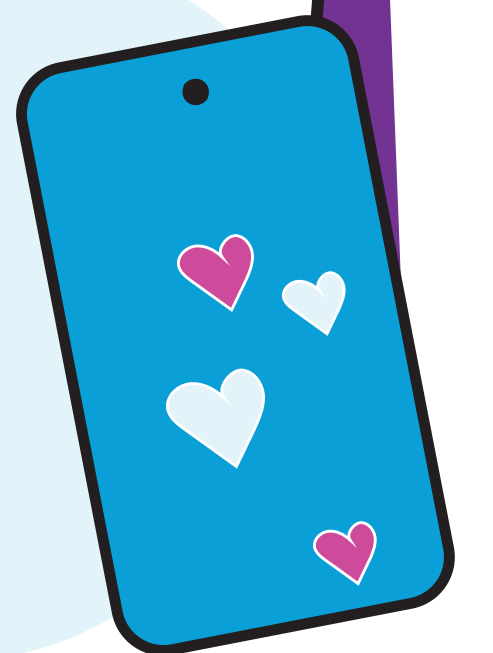
1 Set Boundaries

Schedule “do not disturb” time. Tell your friends so they don’t get salty when you don’t get back to them right away.



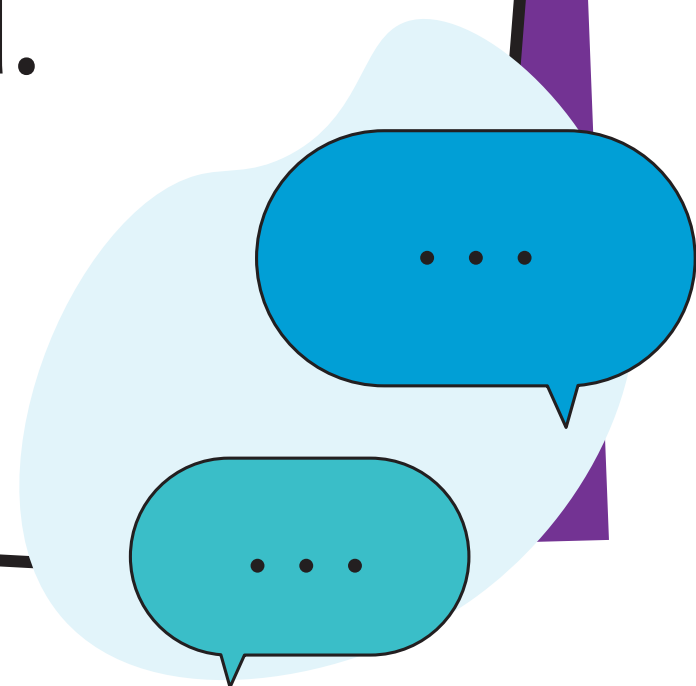
2 Reset the Algorithm

Curate your feeds to see content that makes you feel good about yourself. Unfollow accounts that don’t.



3 Interrupt Passive Scrolling

When you find yourself endlessly scrolling, switch to another activity like talking with a friend.



4 Try Something New In Real Life

Find an activity where you spend more time connecting face-to-face and less time online.



5 Power Down Before Bed

Put your phone on the other side of the room so it’s harder to check in the middle of the night.



6 Keep Track of Your Online Time

Set screen time limits on your devices — and don’t ignore them.

