R.E.A.L Goal℠: Reduce Screen Time

(Realistic, Easy, Attainable, Life Goals)

Example: I will reduce my screen usage by ___ minutes each day throughout the week.

The benefits: Evidence shows that excessive screen time affects our health. By reducing your screen time you may start to notice some of the following benefits: decreased stress, increased focus, more time for other activities, lower risk of obesity, better sleep quality, reduction in eye damage, reduction or prevention of headaches, and improved posture.

Quick tips:

- Download an app that tracks your usage to understand how much you use your phone.
- Think about your "why". Write down a few reasons why you might want to take a break from the screen.
- Turn off notifications, apps, noises, and set a schedule for checking your phone (i.e. one hour).
- Make your phone less interesting by changing your app colors to grayscale.
    - See "Try Grayscale Mode to Curb Your Phone Addiction" on Wired.com
- Resist checking your work emails at home – this not only increases your screen time but can increase your stress levels.
- Limit social media:
    - Think about why you are looking or posting?
    - Why do you personally feel you want to share this information?
    - What type of emotional reaction are you hoping for with sharing the information?
    - Is this something you would say in person?
- Have screen-free areas in your home or at work.
- Tell people what you are doing, so they can hold you accountable.

Quick tips continued:

- Put your phone in another room before bed so it is not the last or first thing you see every day. If you use your phone for an alarm, try switching back to an alarm clock.
- Don't eat in front of your screen - try listening to music or a podcast, sitting around a table with family or friends, or even sitting in the garden and enjoying being outside. This also helps with mindful eating.
- Swap online or text conversations for in-person or a phone call. Being social can help our overall health. Send someone a letter vs a message on social media.
- Encourage your family and friends to join you in reducing their screen time.
- Loan out your gaming console for a week, let someone else enjoy it to reduce time spent playing games.

Check out these resources to learn more:

- Check out "How to reduce screen time" from WebMD for more information.
- Google "Best apps for limiting screen time"
- Watch - Social Dilemma on Netflix

To choose another goal, go to: **wellfirstbenefits.com/realgoals**

For help to translate or understand this, please call (800) 635-9233. (TTY dial 711)