

December Digital Wellness: Top 10 Mobile Device Tips



Last week we examined the topic of “**Mobile Device Addiction**” The research indicates that both adults and teens feel the need to cut down on the time they spend on their devices. In thinking about the Digital Wellness tip for this week, it seemed appropriate to provide useful tips for all of us to better manage our mobile device usage. While the use of our mobile devices has made our lives more efficient, productive and connected, some of us could benefit from reducing distractions and unproductive mobile device use. Adults and children should consider the following questions:

1. Do you feel the need to constantly check email, twitter, or other social media notifications?
2. Is your phone the **last** thing you look at before you go to bed and **first** think you look at in the morning?
3. Has your phone battery died and your anxiety levels increase? If so you might have FOMO (Fear Of Missing Out). Missing out on that critical Facebook post, Twitter retweet, Instagram post or email response.
4. Can you go 1 hour during the day without looking at your mobile device?



Top 10 Tips

1. Turn off almost all notifications

- At first, you'll instinctively unlock your phone to see if you missed any notifications. Then, as the days pass, your unlocks will become less frequent as you discover there is absolutely nothing waiting there for you.

2. Discipline your (and your friends') Googling habits

- The next time you're debating a factoid over dinner with friends, stop yourself and everyone else from grabbing a phone to google it. If you never do find out what the state bird of Nebraska is, who cares? In exchange, the lively conversation continued and wasn't halted by a definitive fact no one is going to remember anyway.

3. Leave your phone behind

- At lunch or on a hike, leave your phone behind and spend more time "living in the moment" and away from the screen.

4. Disable 'raise to wake'

- All it takes is a little nudge and your phone's screen will light up. Disabling the feature means your phone will beckon you much less.

- To disable raise to wake on the iPhone, go to Settings > Display & Brightness. Toggle Raise to Wake to the off position.

5. Make your phone go grayscale

- Without all those colors, apps like Instagram, Facebook, Snapchat and even news apps, are much less interesting. This is a fantastic little mind trick that can work wonders for some!

- On an iPhone (go to Settings > Accessibility > Display Accommodations > Color Filters. Turn this setting on.

6. Check your pickups

- Give it a shot. Take one day to track how many times you pick up your phone. Compare it to a friend.

7. Stop taking your phone to the bathroom

- Enough Said!

8. Use Apple's "Screen Time" or Android's "Digital Wellbeing"

- This built in FREE functionality to Apple and Android's mobile device can help you monitor usage.

9. Connect For Real

- Consider making it a standard to power down whenever there is an opportunity for conversation such as in the car, standing in line and during meals or social gatherings.

10. Commit To A Screen-Free Bedroom

- Screen time within an hour of bedtime can negatively impact sleep, which can contribute to physical, mental and cognitive issues. However, the lure of a screen in a quiet bedroom is hard to resist. It's difficult to ignore texts, resist a Netflix binge or mindlessly scroll through social media. Eliminate the temptation by keeping phones out of the bedroom entirely and reach for a book or magazine instead.