

Planting Care-Centred Practices to Grow Digital Well-Being & Community

1. Be Present in the Moment with Pre-Commitment Strategies

(Planning decisions in advance helps you effectively manage & reduce temptations)

A. Notice Your Relationship with Your Phone	B. Use Physical Reminders to Keep You on Track	C. Change Where You Keep Your Phone	D. Set Up Off-Screen Focus Times
I. Use Your Phone's Tools to Monitor Habits & Control Settings <ul style="list-style-type: none"> For Google, click here For Apple, click here For Samsung, click here 	I. Use Software that Blocks Access to the Internet for a Set Time <ul style="list-style-type: none"> For example, you can use an app such as Forest 	I. Create Physical Distance Between You & Your Phone <ul style="list-style-type: none"> Charge your phone away from your bed Put the phone in a drawer Explore screen-free spaces & activities 	I. Limit Excessive Multi-Tasking & Silence Your Phone Temporarily <ul style="list-style-type: none"> Turn off notifications Mute instant messaging chat groups Put your phone face down Shut your phone off
II. Adjust App Settings & Permissions <ul style="list-style-type: none"> Set time limits for being online For Instagram, click here 	II. Use Software that Reduces Distractions <ul style="list-style-type: none"> For example, you can use a feature such as AdBlock 		
III. Set a Goal When Possible <ul style="list-style-type: none"> Determine specific times & durations for social media use Reflect on your progress & adjust your strategies For example, stop screen use & turn off notifications at least 30 minutes before bedtime 	III. Add a Screen Lock <ul style="list-style-type: none"> Create a delay in phone checks Use passcodes instead of biometrics (facial recognition or fingerprint) For Android, click here For iOS, click here 		
	IV. Set Screen to Gray Mode <ul style="list-style-type: none"> Grayscale mode decreases stimulation & makes apps less appealing For Google, click here For Apple, click here 		