

These tips are about balancing your screen time with self care activities.

SCREENS OFF

1

Try to get outside every day, even if it's just for a moment. Breathing in fresh air and slowing your mind are all great ways to diffuse a day full of screentime!

2

Feeling bored? Don't mask your boredom with screens. Boredom can actually be a good thing as it encourages imagination and creativity.

3

Take time to write things down instead of typing them. Try a simple to-do list first and then see where your creativity can take you!

4

Establish a few screen-free zones in your home! For instance, make your bathroom and your bed tech-free areas.



5

Keep your screens hidden away and things like books, puzzles, and games within your reach.

6

Resist the temptation to use more than one screen at a time. Breathe through feeling like you need to keep checking your phone, laptop, etc.

7

When all our activities are online, it can be hard to separate them! Try having a ritual after each to establish boundaries, like lighting a candle once you finish a lecture or getting a snack when you wrap up a workday.

8

Try to incorporate physical activity into your screen time. Can you do a sitting workout while watching Netflix? Maybe do a stretch while listening to a webinar or training?

VISIT mindyourmind.ca/wellness for more helpful tips.