



Ideas for Unplugging

- No secrets around phone use.
- Limit social media apps.
- Turn off notifications, dings, etc.
- Your spouse should know your passwords.
- Pick a night to be "tech free" each week.
- Leave your phone in the other room.
- Develop new habits to fill the void.
- Keep it on silent or do not disturb.
- No phones at the dinner table.
- "Unplug" 30 minutes before bed.
- Limit screentime using built in settings.
- Let them know you're feeling "phubbed."
- Take a break on weekends and vacation.