



Screen FREEZE

Digital devices are here to stay... The advancements in technology have offered a variety of benefits and introduced some *negative consequences* that affect health and wellbeing. **Over the next four weeks, you are going to focus on freezing your screens to build better boundaries around technology.**

Week One:

Screen Free Shopping. People are spending more money online than ever before. While online shopping is both easy and convenient, these benefits may be putting your wallet at a disadvantage. **For the next week, see if you can complete at least four of the six activities below to reduce online shopping.**

- Shop locally and in-person
- Unfollow a brand on social media
- Block shopping websites or text alerts
- Uninstall a shopping app from your phone
- Unsubscribe from a shopping newsletter or email
- Remove your payment method from a website or app

Week Two:

Screen Free Meals. Electronic devices have made mealtimes a distracted affair. Eating in front of a screen increases the likelihood of mindless eating and may lead to over consumption. **For the next week, see if you can complete at least four of the six activities below to increase screen free mealtimes.**

- Power off your device during a meal
- Turn off the television during a meal
- Place your phone and tablet in a drawer during a meal
- Step away from your computer for lunch
- Put your devices in a different room when eating
- Leave your phone in the car when dining out





Week Three:

Screen Free Connection. Our phones have become an extension of our bodies. This has created an unhelpful habit of using our phones at inappropriate times, such as when interacting with people. **For the next week, see if you can complete at least four of the six activities below to increase screen free connections.**

- Power off your devices when out on a date
- Attend a work meeting without your cellphone
- Keep your phone on silent when attending an event
- Set down your phone when engaging in a conversation
- Put your phone away when spending time with family or friends
- Chat with a colleague in person instead of sending an email or message

Week Four:

Screen Free Bedtime. Screens are a major contributor to poor sleep. Blue light emitted from digital devices disrupts the release of melatonin making it difficult to fall asleep and throws off circadian rhythm. **For the next week see if you can complete at least four of the six activities below to reduce screens at bedtime.**

- Switch to a physical book in the evening
- Set a screen limit on your digital devices
- Remove the television from your bedroom
- Turn off your devices 30 minutes before bed
- Keep your phone in a different room while you sleep
- Use a physical alarm clock instead of your phone

