

Take back your time and focus.

Here are some **helpful tips** to reclaim your time and focus from devices:

- Choose times of the day where you silence notifications
- Challenge yourself and friends to have phone-free time. An hour? Two hours? A day?
- Once a week have a device-free activity or meal
- Set up your smartphone to give you a weekly 'Screen time report' so you can be mindful of your usage.

