

Take back your time and attention.



Choose times of the day where you silence notifications.

Our digital devices are useful tools for productivity, but they are also designed to be distracting and addictive. Try using your phone's in-built screen-time settings, you'll be amazed at how much time you get back.

For more information on healthy digital boundaries visit [KeepTechInCheck.com.au](https://www.KeepTechInCheck.com.au)

