

Managing Your Screen Time

Objective

To identify strategies to manage your screen time.

You Should Know

Can you imagine what life would be like without your cell phone? There are so many things you do with your mobile devices, however, too much screen time can distract you from responsibilities like chores, exercising, and even spending time with your friends and family. You might believe that you cannot live without your cell phone, but consider if your cell phone use is interfering with other aspects of your life.

Do any of these sound like you?

- Constantly texting people and checking for incoming messages.
- Checking social media accounts more than 15 times each day.
- Playing video games or using apps for more than 2 hours a day.
- Feeling anxious or moody if you are without your phone.
- Becoming upset if your phone dies or you do not have access to a charger.
- Frequently hassled by others about how much time you spend on your phone.
- Neglecting important tasks.

How many hours a day do you estimate you spend on your phone? _____

You can see if your estimate is correct by going to 'Settings' on your phone and checking for 'Screen Time,' which will tell you how much time you spend on your phone.

Can you think of tasks or other responsibilities that are neglected because of your screen time?

What to Do

Here are some suggestions for managing your screen time.

- While doing important tasks or spending time with friends and family, put your phone on “do not disturb.”
- Practice turning off your phone for short periods of time. Consider shutting it off during dinnertime or when you go to sleep.
- You can download apps that help you manage your phone distractions. Some examples include **Forest**, which helps you stay off the phone while you focus on your work, and **RescueTime**, which tracks how you spend time online and sends you weekly summaries.

Can you think of other ways to manage your screen time?

Use the chart on the next page to track your phone use and the steps you took to limit your screen time.

Managing My Use of Mobile Devices

Name _____

Date _____

Day	Activities (gaming, videos, social media, texting)	How Much Time I Spent	Actions I Took to Manage Screen Time	Describe Improvements or Obstacles in Managing Screen Time
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Reflections on This Exercise

What did you learn about your phone use during this exercise?

Can you think of ways your life might improve if you are better at managing your screen?

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

Is there anything in particular you learned from this exercise?
