



Tips for dealing with smartphone addiction

1. **Reflect** - Recognise when your smartphone usage might be a problem.
2. **Make a decision to change** - Gradually reduce your phone use, targeting 1-4 hours where your phone is put to one side.
3. **Digital Detox** - Pick a day or two at the weekend where you can be entirely phone free.
4. **Switch off** - all notifications so you are not distracted.
5. **Remove social media** - from your phone and apps that are not absolutely essential.
6. **At work** - Put your phone in 'focus' mode or 'airplane' mode.
7. **Good to talk** - Start a conversation to help if you need support.