



# Find the balance that works for you

How can we embrace technology without letting it take over every waking (and non-waking) minute?

Here are some of our fave ideas.

- Throw your phone in the toilet. Just kidding! But it is effective.
- Create a screen-free time each day. Depending on your routine, you might fancy first thing in the morning, during your lunch break or after 8pm. Connecting an action with a time can make it easier to follow through and form a habit.
- Alternatively, choose a place where you'd like to feel more present and relaxed. Maybe in the lounge, at the library, in the garden, or during dinner with the whānau. Encourage others to do the same; make a ritual.
- Another idea is to choose an event or activity, where you'll use your phone only for photos or music, i.e. a catch up with friends, a child's sports game or swimming practice, or a weekend hike.
- A great option for the above is to switch your phone to airplane mode – so you can ditch all receiving/transmitting functions, while still enjoying your camera and music.
- Keep your phone in your pocket or bag when moving from place to place or waiting for someone. Use this time to look around, think ahead or just be.
- Wear a watch so you don't need to check your phone!
- Are you competitive? Set yourself a goal for a length of time you can go without a device. Then try for a bit longer...
- Another idea is to track your phone use with an app like Moment. Research shows that the mere act of monitoring can prompt significant changes.
- Find a real life Detox Buddy and experience the real world together!
- Sleep easy! Use an old-school alarm and leave your phone in a different room when you go to bed. Light from screens stops production of the hormone melatonin, which is vital for getting to sleep. It's not that sexy, either!
- Avoid eating at your desk. Instead catch up with someone great, or get outside and leave your phone behind.

Most of all have fun, be consistent and focus on all the things you'll gain from these small bursts of digital downtime.

Whether it's less stress, more free time, closer relationships or just the chance to kick back and enjoy the moment, the benefits are priceless.

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