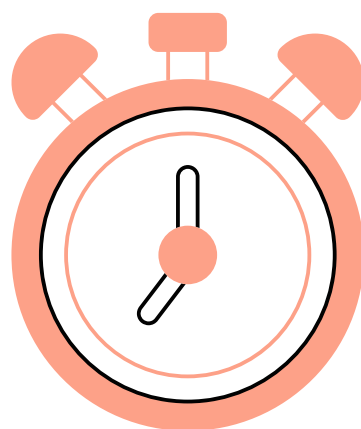


# DIGITAL WELLBEING

## 5 Tips for Students

### SET A TIMER

We underestimate the time we use our devices! Make sure you set a timer or use your device's screen monitoring tools to help set up boundaries for use.



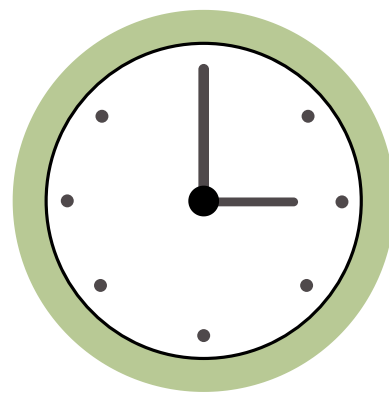
### DIGITAL CURFEW



Just like you, your devices need a bedtime too. An hour before you go to bed, put your device away to give your brain and eyes a break from the blue light of the screen. Plus, it's a perfect time to read a book!

### FOCUS MODE

Our minds cannot multitask. Need to get your homework done but are distracted by videos? Put your device into focus mode and you can get your task done faster and have better concentration.



### PRIORITIZE PEOPLE



Connect with friends and family by being present in conversations and activities. Silence your phone and put it away so that you can put the most important people first in your life.

### DEVICE FREE MEALS

Make meals a no phone zone! Great for connection and developing healthy eating habits. Being distracted can cause you to overeat since it takes at least 20 minutes for your brain to know that you ate.

