

SMALL THINGS CAN HAVE BIG IMPACT

Give your mind a break from your screen and make more time for your wellbeing.



MAKE MEALTIMES PHONE-FREE

During mealtimes, try not to bring your device to the table. Whether you're eating alone or with others, put your phone away and give yourself some time away from your screen.

BE PRESENT, PRACTICE MINDFUL EATING.



TURN OFF YOUR ALERTS

We carry our phones with us everywhere and can keep checking them throughout the day.

Turn off app alerts and notifications that you don't need. Reducing these interruptions can help you spend less time checking your phone and give your mind a break.



TAKE A PHONE-FREE WALK

Take a walk in nature and leave your phone at home.

If you need to take it with you, keep it in your bag or pocket and turn it off.

GIVE YOUR MIND SPACE TO BREATHE.



SWITCH OFF BEFORE BED

Turn your phone off an hour before you go to bed.

Don't take it into your bedroom. If you use your phone as an alarm, try an alarm clock instead.

GIVE YOUR BRAIN TIME TO WIND DOWN.



GIVE YOUR BRAIN A BREAK

We all know that downtime is good for our wellbeing.

Too much screen time can affect our sleep, while a lack of sleep can affect concentration, mood, focus and empathy. Making a conscious effort to switch off can make a real difference.



SMALL CHANGES BIG BENEFITS

You don't have to make huge changes. Small daily changes can increase happiness and reduce anxiety, while giving you more time away from your screen.

PUT YOUR PHONE DOWN. TAKE A BREATH. MAKE TIME FOR YOURSELF.



PHONE DOWN



SWITCH OFF



MAKE TIME FOR YOU

