Healthier Phone Use!

You may be surprised how often and how much you use your phone...try these tips to cut back.

- ➤ **Set clear boundaries**

- ➤ **Turn off notifications**

- ➤ **Change your screen to grayscale for less appeal**

- ➤ **Check your phone at specific times**

- ➤ **Avoid use before bedtime**

- ➤ **Use an old-fashioned alarm clock**

9:34 PM

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