

ESCAPE THE SCROLL! 5 KEYS TO BREAK FREE FROM YOUR PHONE DEPENDENCE



The Problem: Digital Dependence

Imagine your phone as a poker machine, each app a flashing light promising a dopamine hit of instant gratification. We crave it when it's gone, neglect loved ones while scrolling, and even risk danger for a quick fix. Sound familiar?

The Solution: Take Back Control

Stop living on autopilot, controlled by your phone. Reclaim your attention and rediscover the world around you with these practical steps.

1. Start with Self-Awareness:

- Awareness is the key.
- Use your phone's screen time tracker to understand your usage.
- Challenge yourself to reduce your screen time, turning the process into a fun game.

2. Tame the Triggers:

- Remove temptation like you'd clear junk food from your cupboards.
- Keep essential apps, hide others, disable notifications, and move social media off your phone.
- Put your phone in another room when you don't want to be distracted.

3. Make your Phone Ugly:

- The vibrant colours of your apps fuel the dependence.
- Switch on '**Grayscale Mode**' to turn your phone into a less attractive distraction.
- Here are instructions on how to turn your phone into grayscale mode [on an iPhone](#) and [an Android](#).

4. Define Boundaries & Create Phone-Free Zones:

- Create '**Phone Free Zones**' like work desks, bedrooms and dinner tables.
- Reconnect with your loved ones and savour real-life experiences.

5. Replace, Don't Quit:

- Filling the time void without your phone with meaningful activities is crucial.
- Replace screen time with reading, exercise, hobbies, or quality time with loved ones.
- Invest in yourself and your relationships.

Phones are tools, not masters. By implementing these steps, you can transform your relationship with technology and reclaim control of your precious time and attention.