The Digital Fast

Creating a Digital Rule of Life

This resource can help you work on a specific plan for how you want to manage your phone and other screens.

Healthy Phone Routines

- What is the primary purpose of my phone? Where will I charge my phone?
- When will I look at it for the first time in the morning?
- What time will I put it away at night?
- Where do I keep phone at: home, work, meals.
- In what situations will I not use my phone?
- Which apps are most unhealthy for me?
- Where do I have my phone and how will I interact with it when…
  - Spending time with people
  - Watching TV
  - Eating
  - Driving
  - In classes/meetings

Best Practices (P. 198-199 in Th Digital Fast)

- Designate Tech-Free Zones
- Set specific times for checking notifications
- Use "Do not Disturb" feature
- Delete unnecessary apps
- Mindful scrolling
  - Be conscious of time spend on social media
- Turn off non-essential notifications
- Practice "Out of Sight, Out of Mind" principle
  - Keep your phone in a drawer or other room
- Use screen Tim or digital well being features
- Engage in ongoing digital fasting
- Reflect on smartphone use

Other screen usage

- Establish screen-free zones in your home
- Follow the 20-20-20 rule: Every 20 minutes, look at something 20 feet away for 20 seconds. This helps relax your eye muscles and reduce strain.
- Establish a screen curfew