

# 7 Ways to become a Mindful Smartphone user

1

## Turn Off Notifications

Make the conscious decision to check your phone on *your* terms, not when your phone beeps at you. Every notification distracts you and pulls you away from the present moment.

2

## Create Designated Surfing Times

There's nothing wrong with surfing on your smartphone. Choose a time that you can indulge, guilt free, so that you don't end up sneaking it in and missing out on being present in your life.

3

## Learn About WHY You Reach for Your Phone

Be a detective and get curious about *why* you're drawn to your phone. Are you bored, overwhelmed, needing some entertainment? There may be a pattern, and likely some other ways to meet these needs.

4

## Build Self-Awareness by Letting Yourself Be Bored

Instead of browsing your phone when you have a free moment, try to refrain from distracting yourself and instead, discover *how you are actually doing*. You can learn a lot about yourself if you pause and listen.

5

## Resist the Expectation to Be Connected 24/7

Realize that you do not *have* to be plugged in all the time: you don't *owe* the world constant connection. Let your friends and family know that you don't usually text back or read emails immediately so they know what to expect.

6

## Delete Time-Wasting Apps

Delete apps that don't add true value to your life. If there is a particular app that you LOVE and tend to sink a lot of time into, consider deleting that one! You can always access it on your computer if you really want to.

7

## Go Old School

If you don't want your smartphone to take up so much of your time and energy, then remove some of it's functionality. Get an alarm clock, a planner, and read actual books!