

August monthly challenge

Mindfulness means having moment-by-moment awareness of your internal and external experiences in the present moment. It is very difficult to do this when we are checked-in to our devices 24/7. With that in mind, McGill's Health and Well-Being team challenges you to monitor your screen time this month!



Mindful Screen Time Challenge!

TAKE NOTICE

Start by monitoring your phone usage. Most phones have time trackers or Digital well-being apps in settings. For Android try the Digital Wellbeing app; iOS, Screen Time. For other users, there are various free apps that you can use.

Things to consider: How many times do you unlock your phone? How much time do you spend on your devices? Are you spending a lot of time on one app?

Here are a couple of ideas to get you started:

SET A GOAL

- 1) Designate a day of the week to be free of Social Media
- 2) Do a one-week elimination of the app that consumes the most of your time
- 3) Set blackout periods for yourself where you do not check your phone
- 4) Get your friends, family and coworkers involved and keep each other accountable

TAKE ACTION

Some tricks:

- During the time that you have decided to limit your screen time, chose another activity instead (go for a walk, read a book, meet up with a friend for coffee)
- Leave your phone in your purse, bag or pocket while at an outing
- Keep your screen charging stations away from your bedroom
- Enforce a no screens policy during mealtime

Write to healthandwellbeing.hr@mcgill.ca to let us know how it went for you!

