

A person is shown from a high angle, working on a laptop. Their left hand is on the keyboard, and their right hand is holding a smartphone. The laptop screen displays a document with text and a table. The smartphone screen shows a social media post in Russian from a user named 'Капитан Чепован' (Captain Chepovan) about 'Тинькофф Бизнес' (Tinkoff Business). The background is slightly blurred, showing a desk and a keyboard. A large, white, semi-transparent text overlay is centered over the image.

20 Tips To Be On Your Phone Less

Tip #1

Turn Off Notifications!

Simply muting your phone and turning notifications off helps you keep your attention focused on other tasks. Sounds from notifications can be distracting.

Tip #2

Move Your Apps

We often open certain apps without noticing. Taking specific apps off of your homepage may make it easier to ignore them.

Tip #3

Delete Apps

Deleting apps that are the most addictive will help you be on your phone less. This includes social media, games, and likely some messaging services. Anything that takes up too much of your time.

Tip #4

Try a Self Control App

Apps like Forest and Screentime track your phone usage. It lets you know what apps take up to much of your time and lets you set limits.

Tip #5

Don't Check It First Thing!

Many people reach for their phones as soon as they get up. Instead, get up and start your day. Try to wait at least 30 minutes before you check your phone.

Tip #6

Set the Phone Down

You do not need to have a cell phone on you 24/7. Be sure to leave it home sometimes while you take walks around the neighborhood or spend time in your yard.

Tip #7

Read More Books

A lot of people want to read more books, but can't find the time. Prioritize reading books over checking your phone- you will be surprised at how much time you have!

Tip #8

Do Some Chores

A great productive distraction would be to do some chores. Clean, wash dishes, or start some laundry when you feel like you can't put your phone down.

Tip #9

Take More Walks

Be sure to go outside more. This will help you relax and also keep you preoccupied.

Tip #10

Try a New Hobby

Try practicing a new skill. If you find something you love, it will be easy to chose that over your phone.

Tip #11

Connect With Loved Ones

Spending more time with loved ones can help you build better connections than through social media.

Tip #12

Put It Away for 24 Hours

Try to ignore your phone for 24 hours. Simply set it aside- make sure it is off!

Tip #13

Turn on Airplane Mode

Turn on airplane mode to avoid constant notifications.

Tip #14

Reflect on Your Phone Usage

This can help you define goals and let you know what stresses you about your phone usage.

Tip #15

Leave It at Home

Stop bringing your phone with you to work or school if it is distracting.

Tip #16

Get a Watch

Sometimes we just want to check the time-
then notice we spent an hour on social media!

Tip #17

Exercise

Try using your morning phone time for a 30 minute workout instead.

Tip #18

Don't Check It Before Bed

The light from your phone can interrupt your sleep.

Tip #19

Pause When You Reach For It

Think about why you are checking your phone.
Set a limit before you unlock it. Are you just checking the time or getting ready for a long session?

Tip #20

Make a Post, Then Put It Away

After posting, we usually keep refreshing to check for comments and likes. This can waste a lot of time.