

How to stop looking at your phone

Why is this a problem

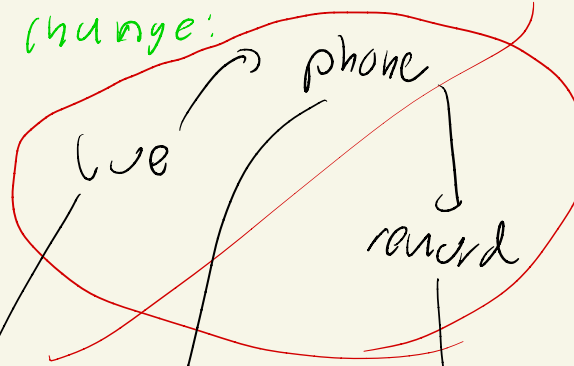
⚡ stress

ping ping notifications
ping ping ping

attention... split



Core framework to change:



remove the cue:
no phones
(do not disturb)

remove the phone
- add restriction
- delete apps

make a healthy reward
- call family
- STACK habits

Create alternatives

☑ = time ≠ 📱

Read books, not on a phone
watch on a TV, not on the phone