



## 3 WAYS TO SET TECHNOLOGY BOUNDARIES

Among other benefits, having technology boundaries can help reduce stress, depression, and anxiety as well as help increase self-awareness, self-care, and quality of relationships. To see if more boundaries need to be added to your family's technology use, take a look at how much technology is being used on a daily basis. As a family, discuss how technology can be used positively and how technology can be used negatively or can prevent you from doing positive things.

If you discover that your family needs more technology boundaries, try some of the below ideas for how to set them.

1) Limit the where, what, and when of technology use. "Where" could look like no phones while eating at the table or no phones in the bedroom. "What" could look like educational apps for elementary-aged children or approved social media apps for teenagers. "When" could look like when all homework and chores are done or for one hour per day. Try limits that are best for your family.

2) Turn off notifications or use the "do not disturb" feature when doing important tasks. Decrease distractions and time-wasting during crucial parts of the day.

3) Take a digital detox. However often or long your family wants, take time to completely put phones and computers aside to reconnect with other important things in life (e.g., spending time with family, doing a hobby, spending time in nature).

When setting technology boundaries, try making small changes to gradually replace any bad habits with good habits. Make sure all family members understand why the changes are important and that all members are on board. You can work together to have and keep good technology boundaries.

## TAKE TIME TO UNPLUG!

This year, the National Day of Unplugging is March 3. What's the purpose of the day? It's a twenty-four-hour period to unplug from technology and instead relax and do other things. Consider participating as a family and using the day to connect with each other instead of connecting with technology. Need some ideas of what to do when the phones go away? Try the following:

- Finish a DIY project together
- Write in a journal, write a story, or write a note of appreciation for someone
- Play games together
- Volunteer for a service project
- Go outside to move and explore

Even if you can't unplug for the entire day, carving out time to be away from technology has many benefits. Unplugging from technology can help improve physical, mental, and emotional health and can help people reset. Unplugging can also reduce stress and anxiety; combat the fear of missing out; allow people to enjoy life and live in the moment; and help people connect to nature.

