

## **Defeating your Digital Dependency**

Feel like you are in a bad relationship with your smartphone? Anxious or nervous when you leave technology behind? You might be electronic, internet, or social media dependent. Read on for tips to take control of your concentration so that you accomplish your goals (or get your homework done!) without electronics getting in the way.

## Tips & Strategies:

**Set goals for when you can use technology.** Set aside certain times of day where you can turn off electronics. Smartphones are handy when you are using them as a tool to socialize, organize your time, or connect to the internet. They are not, however, a completed a task (maybe chores,

There are also apps available that can help you monitor your time or set limits. Some examples are *Offtime*, *Flipd*, *Moment*, and *Stay on Task*, but other options might also be available that suit your specific needs.

**Physically turn off your phone at certain times.** The physical action of turning off a phone might be a foreign concept to some people. When in situations that require

good idea to practise turning it off. Even though bedtime might be your favourite time to scroll through Facebook, Twitter, or Netflix, it might also be the most harmful time for you to do it. Minimizing your screen time can reduce stress, anxiety, and headaches throughout your day and be part of a healthy bed-time routine.

**Replace your smartphone with other activities.** Resisting the urge to spend hours on your phone can be challenging. Have a plan to fill the time, such as reading, socializing, or doing something that you love.

**Remove social media apps/bookmarks from your phone/computer.** Making a page less accessible keeps your hyper-busy mind from thinking about it all the time. If you find yourself logging on to Facebook every time you open your laptop, set boundaries for yourself so that you remember to do other things first.

If you are worried about your internet, smartphone, or social media dependency, it is probably a good time to start seeking help. The **Academic Success Centre** can make suggestions to assist with time management, study skills, work-load, and concentration. For further information, contact the **Health and Wellness Centre**.

### UNBC Academic Success Centre

First floor of the UNBC library  
(250) 960-6367

### UNBC Health and Wellness Centre

Room #: 5-196  
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