

# 8 HEALTHY HABITS HABIT 6



## LIMIT RECREATIONAL SCREEN TIME to no more than 2 hours a day

### What are the risks of excessive screen time?



Decreased concentration, focus and motivation

Fatigue and insomnia



Increased stress, anger and irritability

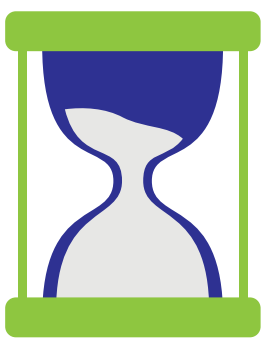
Lower self esteem



Loneliness and isolation

### How to manage your screen time

Set a screen time maximum per day



Plan screen free activities each week



Use the dark or grey mode settings to limit blue light



Turn off notifications



Set app limits



Unfollow social media pages that make you feel bad

UNFOLLOW

Avoid screens 1 hour before bed



Avoid screens in the bedroom

