



MURRAY CENTER FOR STUDENT WELLNESS

••••• *Wellness Tips* •••••



DIGITAL



BOSTON COLLEGE
Division of Student Affairs

MURRAY CENTER FOR STUDENT WELLNESS

TOP 10 TIPS

1. Keep your phone out of sight while studying

6. Unfollow profiles that cause angst and follow encouraging ones

2. For every 20 mins on screen, look at something 20 feet away

7. Engage in a 1-hour activity without technology

3. Start a short, 10 minute, screen free routine before bed (ex, journal)

8. Make sure the music you listen to isn't too loud

4. Delete your least favorite app from your phone

9. Set aside a "screen-free" space in your room

5. Impose a stopping cue in your social media habits (ex, stop scrolling at 10 stories)

10. Do an energizing morning practice before checking your phone

For more information contact the Murray Center for Student Wellness:
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