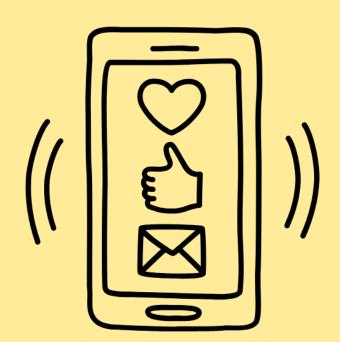


MURRAY CENTER FOR STUDENT WELLNESS

···· Wellness Tips ····



DIGITAL



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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
- 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 "screenfree" space in your
- 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: Gasson 025 | 617-552-9900 | bwell@bc.edu | bc.edu/student-wellness