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# Phone + snub = Phub



IT'S A FUNNY NEW WORD USED TO DESCRIBE MINDLESS MOMENTS IN WHICH WE PRIORITIZE SOCIAL INTERACTION OVER REAL-LIFE CONNECTIONS.

WE DON'T NEED RESEARCH TO TELL US THAT IT'S RUDE TO FOCUS ON OUR PHONES WHILE IN THE COMPANY OF OTHERS. MAKE A MINDFUL DECISION ABOUT WHERE YOU PUT YOUR ATTENTION.

## Turn Off, Tune In

Explore what it feels like to disconnect.

Just because you carry your phone everywhere does not mean you always need to be available!

- Turn off app notifications.
- Use auto-reply to identify times when you will be away from email—if you use it—so you don't have to worry about watching your phone.
- Try putting your device on "do not disturb," a setting that still allows you to get messages from your VIP or favourites list.

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# Write your own rules

The Unlonely Project of the Foundation for Art & Healing suggests creating a manual to guide your use of social media. Use the space below to write out some guidelines and goals for screen time.

Here are some prompts to get you started.

**When are you going to be screen free?** (e.g., dinner time, before bed, a particular hour of every day, etc.)

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**How long will you set your screen-free times to be?**

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**What will you do instead with your non-screen time?** (e.g., get outside for a walk, read a book, bake, etc.)

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**How will you set a reminder?** (e.g., alarm on your phone, handwritten checklist, etc.)

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