
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.

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.)

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

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

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