

Disrupt Digital Noise and Create Sacred Spaces



DID YOU KNOW THE AVERAGE PERSON LOOKS AT THEIR PHONE 80 TIMES A DAY?

SHERRY TURKLE IS A PSYCHOLOGIST AND PROFESSOR AT MIT WHO HAS SPENT DECADES STUDYING THE EFFECT OF TECHNOLOGY ON HUMANS. SHE IS ALSO A MOM WHO HAD TO SET RULES ABOUT SCREEN TIME. SHE HAS SHARED WHAT (MOSTLY) WORKED IN HER HOUSEHOLD.

CREATE SACRED SPACES

IDENTIFY PLACES WHERE NO PHONES ARE ALLOWED.

TRY TO BREAK FREE FROM NOMOPHOBIA—“NO MOBILE PHONE PHOBIA”—WHICH CAN LEAD TO ANXIETY, AGITATION AND CHANGES IN BREATHING.

TAKE A SCREEN BREAK

CHALLENGE YOURSELF TO TAKE SOME TIME AWAY FROM YOUR SCREEN.

SET AN INTENTION TO BALANCE THE TIME YOU SPEND ON SCREENS AND THE TIME YOU SPEND WITH PEOPLE IN REAL LIFE. START WITH A SMALL BLOCK OF PHONE-FREE TIME. FOR EXAMPLE, DON'T LOOK AT YOUR PHONE UNTIL AFTER BREAKFAST. OR SET TIME BOUNDARIES FOR USE ON WEEKENDS.

Write your pledge here

Start by trying to stick to your pledge for a week. Jot down below how that felt. Did you feel more connected? Did you feel more relaxed? What changed for you?
