

## SCREEN-TIME & SOCIAL MEDIA BOUNDARIES



- Schedule breaks away from computer screen
- Walk, move, stretch at least once an hour
- Turn off phone notifications
- Put phone in another room
- Take a lunch away from your screen everyday
- Try not to work where you sleep
- Put phone on airplane mode while you sleep
- Schedule in non-screen self-care activities
- End screen time an hour before you go to sleep
- Unfollow people that don't make you feel good about yourself
- Try not to look at your phone when you first wake up



## 25 SCREEN FREE SELF-CARE IDEAS

1. READ A BOOK
2. BROWSE A MAGAZINE
3. PUZZLE, CROSSWORD, SUDOKU
4. LISTEN TO MUSIC, PODCAST, RADIO
5. SING
6. DANCE
7. PLAY MUSICAL INSTRUMENT
8. TAKE A WALK
9. TAKE A NAP
10. REST
11. BE IN NATURE
12. GARDEN/TEND TO IINDOOR PLANTS
13. DRAW, SKETCH, PAINT, COLOR, DOODLE
14. JOURNAL
15. WRITE A LETTER OR POSTCARD
16. CUDDLE YOUR PET
17. COOK OR BAKE FAVORITE MEAL OR TREAT
18. SEW, CROCHET, KNIT
19. STRETCH OR DO YOGA
20. PRACTICE MEDITATION
21. DRINK TEA OR WATER
22. SOAK IN A BATH
23. PRACTICE GROUNDING TECHNIQUES (5 SENSES)
24. DAYDREAM
25. LAUGH

# *healthy sleep habits:*



Try going to bed and waking up at the same time each day



Turn off all electronics at least two hours before bedtime



Avoid caffeine and other stimulants in the afternoon



Follow a routine before you go to bed (breathing, meditating, stretching, or reading)



Create an optimal sleeping space that is comfortable, dark, cool, & free of distractions



Be sure to talk to your doctor if you still persistently sleep too little or too much

# SELF-CARE FOR SLEEP



Have a good morning routine to wake up to.



Try reading or listening to nature sounds to relax.

Keep your phone on silent when you're trying to sleep.



Have a good night time routine that winds you down.



Set good boundaries around your bedtime routine.

Time going to bed so that you get a good amount of sleep for you!



Make sure that you create an environment that lets you get good sleep.



Keep a dream journal if you have difficulty remembering them.

Stay away from caffeine before bed. Drink something soothing.

