

Your Digital Attention

Explore being more intentional in how you use digital devices and social media.

Paying attention to your smartphone or laptop has become a normal part of everyday life. Learning to set healthy boundaries can help build your “attention” muscles and better support your health and well-being.

- When possible, keep your phone in “do not disturb” mode during the day.
- Practice being separated from your phone for periods of time, like at mealtimes.
- Check social media feeds and emails at set times or once a task is done.
- During conversations, put your phone away so you can focus on what is being said.

