



MEMORY SHEET

Screen addiction

INTRODUCTION

- **What is screen addiction?**
- I can't live without my screens, even if I want to.
- My use of screens becomes thoughtless or a need
- Screen addiction is not just about the amount of time spent on screens, but rather about how you feel about it and the impact it has on your wellbeing.

SUMMARY

- 1) What are the signs and risks of screen addiction?
- 2) Tips for tracking your screen time and taking action accordingly
- 3) How to regain control over your screen use



What are the signs and risks of screen addiction?

✓ Signs:

I often think about my phone when I don't have it. I feel irritable or uncomfortable when I can't use my phone.

I spend a lot of time in front of a screen, without realizing it.

I have trouble stopping when I start doing something on a screen. I put off other activities: seeing friends, sleeping, eating. People around me make comments about the time I spend in front of screens.

✓ Risks:

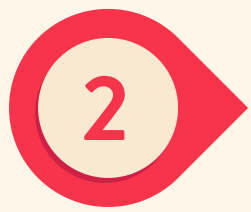
Fatigue (poorer sleep quality)

Stress and anxiety

Social isolation

Concentration problems

Physical pain (eyes, back, hands, etc.)



Tips for tracking your screen time and taking action accordingly

✓ Track your screen time in your settings

Guideline:

Less than 2 hours per day (excluding work) → reasonable use

Between 3 and 5 hours per day (excluding work) → high use, be aware of your screen use

*More than 6 hours per day (excluding work) → excessive use
→ can become an addiction*

✓ Change your phone settings to limit screen time per app

If I exceed the limit, the app will be grayed out and I won't be able to use it until the next day.

✓ Activate "Do not disturb" mode

This mode allows you to disable application notifications, and thus limit the attempt to use its screens



How to regain control over screen addiction?

- ✓ Plan screen-free breaks (going outside, cooking, reading, socialising)
- ✓ Do not use screens in bed or during meals
- ✓ Designate certain areas of the house as screen-free zones: dining room, bedroom, living room, etc.
- ✓ Before picking up the phone, ask myself if it is really necessary or if it is just a habit.

Example :

Leave my phone in another room while I eat dinner.

If you are experiencing an addiction, you may want to consider deleting time-consuming apps, finding a screen-free activity, or installing an app to limit screen time (e.g., AppBlock).