

DAILY DIGITAL WELLNESS

Rebuilding Healthy Tech Habits

Morning Routine (Set the Tone for the Day)

- ✓ **No phones for the first hour after waking**
 - Keeps cortisol and dopamine in balance
 - Reconnects brain to real-world rhythms before screen stimulation
- ✓ **Movement before media**
 - Go for a walk, stretch, or play outside
 - Builds resilience, focus, and positive mood
- ✓ **Eat breakfast without screens**
 - Promotes mindful eating and better family communication

During School or Work Hours

- ✓ **Keep phones out of sight (ideally in a locker or drawer)**
 - Reduces distractions and anxiety
 - Aligns with Haidt's "phone-free schools" reform
- ✓ **Focus block: 50 minutes of deep work / learning, 10-minute break**
 - Retrains attention span
 - Prevents compulsive phone checking
- ✓ **Healthy digital literacy**
 - Teach kids to ask: *Who made this content? What do they want me to do or feel?*
 - Encourages critical thinking over passive scrolling

Afternoon Routine (Active and Social Time)

- ✓ **At least one hour of outdoor or physical play**
 - Restores natural dopamine balance
 - Builds independence and problem-solving skills
- ✓ **Connect face-to-face**
 - Spend time with friends or family offline
 - Encourages empathy, reduces loneliness
- ✓ **Creative time (offline)**
 - Drawing, music, building, reading, journaling
 - Re-engages imagination and curiosity

Evening Routine (Digital Wind-Down)

- ✓ **Screen cutoff: one hour before bed**
 - Blue light disrupts melatonin and sleep cycles
 - Substitute with reading or quiet conversation
- ✓ **Reflect and Reset**
 - Ask: *How did I feel after screen time today? Energized or drained?*
 - Builds self-awareness about digital habits
- ✓ **Device-free dinner**
 - Strengthens family connection
 - Models healthy tech boundaries for kids