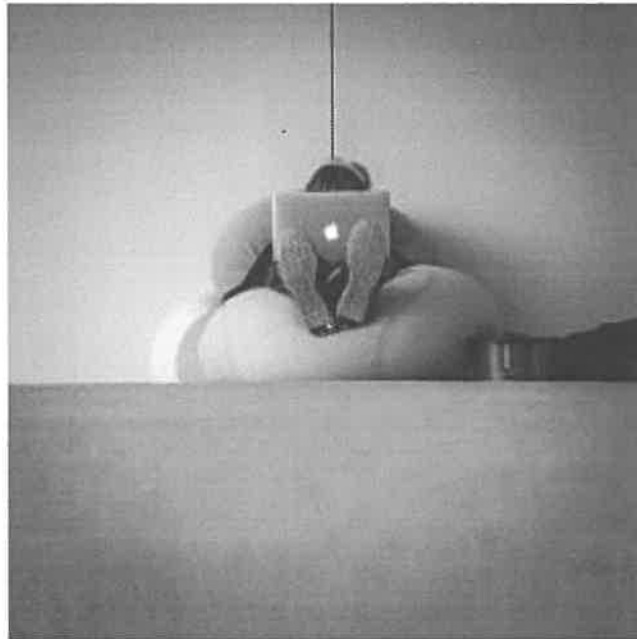


**Wise Minds. Big Hearts. Presents:**

# MINDFUL TECHNOLOGY USE WORKSHOP



- Learn about this modern development and how it impacts heavy and dependent users
- Review the current research and growing international conversation around screen use
- Complete a personal use assessment to identify current technology habits
- Practice mindful technology use
- Generate a Family Technology Use Plan based on current recommendations in the field and desired outcomes



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# Electronic Screen Use Guidelines

**1. Learn to be mindful and task-oriented when using screens.** Practice using screens with intention and purpose. Become aware of how easily they can distract you. Consider completing a screen use assessment in order to become familiar with any problematic patterns you might not readily recognize.

**2. Develop the habit of using paper, not a screen devices, for note-taking, reading and personal reflection.** Writing by hand helps to focus attention, creates space for reflection, and helps to encode information into long term memory. Studies show we comprehend and remember information better when we read from paper instead of screens. Paper, unlike screens, is static and non-interactive. Paper does not have the distraction of containing multiple windows, functions, and hyperlinks. Thus, it does not arouse our sympathetic nervous system. Paper provides space for reflection - a point of view.

**3. Create screen free times and spaces.** Carving out a space and time to be without screens provides an opportunity to do something different.

**Rediscover screen-free meal times.** Establish family rules about screen free meal times, and practice developing a family culture that keeps meal times special. Notice how, in the absence of screens, meal times can become a time to unwind and reconnect with one another.

**Practice good sleep habits.** Eliminate screen use for at least an hour before trying to sleep. Most screens emit blue light which interferes with sleep. Keep screens out of bedrooms. Televisions, game systems, and phones all compromise sleep. Use an alarm clock over a cell phone.

**Find a time to take a screen sabbatical.** Make a commitment to actively take a break from screens. Whether it be for an hour, a day, or a week, practice re-engaging with your world without the presence of a screen device baying for your attention.

**Designate a place in your home for screen use and storage.** Put out a basket or box where everyone can drop their phones in the home. Whenever possible, create work spaces for electronics that do not overlap with spaces for eating, sleeping, or socializing.

**4. Take regular breaks while using screens and engage your senses with the physical world.** Research shows it is best to take at least a 2 minute break after every 20 minutes of screen time to move and stretch your body. Go outdoors if possible and connect with something natural. Focus visually on an object natural and restful to the eyes that is 20 or more feet away. Engage your sense of taste with something nutritional, hydrate, and if possible, meditate for a few minutes.. Ask yourself if continued screen time is something you need to resume. Repeat for every 20 minutes of continued screen use.

**5. Limit screen use with children.** *Children Under 2:* Minimize screen use. *Children 2-5:* ≤ 1 hour, Co-view slow paced educational (PBS) programming. *Children and adolescents:* ≤ 2 hours recreational screen usage. If a child is not socially engaged and/or showing symptoms of psychological distress, screen use should be further reduced. Excessive screen use can be an indicator of underlying behavioral and psychological disorders, as well as exacerbate such conditions.

**Instead, engage in meaningful ways with world around you.**

- Have meaningful conversations in real life (face-to-face).
- Physically experience the natural world, by engaging all of your senses.
- Practice a meaningful activity that develops mastery (juggling, knitting, drawing, play/learn an instrument).
- Become sensitive to your feelings and learn how to breathe and center moment to moment.
- Learn and practice noticing when you are becoming disconnected from the ones around you, and when they are becoming disconnected from you.
- Practice kindness and affection to yourself and others.

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**6. Excluding GPS, do you use technology while driving (even while stopped at a traffic light)?**

Never	Sometimes	Often
0	1	2

**7. Do you use technology to self-soothe when you're feeling upset, sad, or angry?**

Never	Sometimes	Often
0	1	2

**8. Do you use technology when you are bored?**

Never	Sometimes	Often
0	1	2

**9. Do you lose track of time on your device and spend longer than you intended?**

Never	Sometimes	Often
0	1	2

**10. How many hours a day, work related, do you spend in front of technology?**

0 hours	1 hour	2+ hours
0	1	2

**11. How many hours a day, not work related, do you spend in front of technology?**

0 hours	1 hour	2+ hours
0	1	2

**12. Do you keep your phone on and out at work/school?**

Never	Sometimes	Always
0	1	2

**13. How many tabs do you usually have open on your computer?**

1-2	3-5	6+
0	1	2

**14. Do you think you would benefit from less time using technology?**

No	Maybe	Definitely
0	1	2

**15. Do you feel anxious when you accidentally leave your technology at home or lose service?**

Never	Sometimes	Often
0	1	2

**16. How many social networking sites (Facebook, Twitter, Pinterest, Google+, LinkedIn, Instagram, snapchat, etc.) do you belong to?**

0	1-3	4+
0	1	2

**17. On average, how often do you check your social networking sites per day?**

0	1-3	4+
0	1	2

**18. Do you use multiple devices at one time?**

Never	Sometimes	Often
0	1	2

**Overall Score: \_\_\_\_\_**

## Family Technology Use Plan

Consider some of the findings of your questionnaire, coupled with the impact of technology and recommendations. Create some guidelines for how you would like to manage technology use in your home.

The \_\_\_\_\_ family pledges to:

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