Smartphone Detox Challenge

The stats are in: we are addicted to our phones – and it’s affecting us

An APA study has found that 86% of people in the US report that they constantly or often check their phones, and constant checkers experience higher levels of stress. A Gallup poll found that most US smartphone users check their phone at least hourly. And, Business Insider shares the term “nomophobia” has been developed to describe those who feel panic, anxious or desperate when they don’t have access to their phone.

References:

Try the 7-Day Smart Phone Detox Challenge

PopSugar (http://bit.ly/2E9d005) and TheColorRun.com (http://bit.ly/2EapNPU) have widely shared the below 7-day challenge to get you to break common habits and addictions those with smartphones often share. If you’re up to it, keep track each day of your progress with the challenge and make notes of what may be hard to accomplish!

To earn points for this challenge, simply utilize the tracker below. Upon completion of the challenge, message wellness@uc.edu to let us know you’ve completed it and we’ll submit your 10 points to the Alyfe Wellbeing Team to be added to your account!

Which category do you fall under?

_____ Constant checker  ____ Frequent checker  ____ I check 2-4 times per day  ____ I don’t always turn my phone on

7-DAY SMARTPHONE DETOX

CHALLENGE TRACKING – Make a check or a note as to how you did throughout the challenge!

MON

Unfollow people you aren’t friends with and delete apps you don’t use.

TUES

Resist the urge to look at your phone first thing in the morning.

WEDS

Turn off push notifications.

THURS

Put your charger outside of your room.

FRI

Go out to dinner and leave your phone at home.

SAT

Don’t look at or post on social media.

SUN

Turn off your phone for the whole day.