We live in a world with technology, and that is okay to acknowledge. The goal is not to fight against this, but rather to learn what healthy balance looks like and feels like for each of us, and for our relationships. It's also okay to acknowledge that technology is designed to engage us. It is designed to increase our usage of it over time. Engaging thoughtfully means holding our own power in relation to technology, and modeling that empowerment for the young people in our lives.

The first step is to self-reflect:

- ❖ What ARE my usage habits?
- ❖ Am I satisfied with this?
- ❖ What are all the kinds of tech that I engage with each day? What times of day?
- ❖ What are my thoughts and feelings of 'how much feels like too much?'. How can I tell? What behaviors or moods do I notice (or do my loved ones notice) in myself that might show me that I need a break?

Read through the list of goals below and choose 3-5 goals that most resonate with you. Speak to your family or a friend about these goals.

- ☐ Give yourself at least ten minutes of no tech when you wake up
- ☐ Mute notifications
- ☐ Keep your screens (ipad, phone, etc.) docked in a specific location when you're home
- ☐ Decide on certain no-tech times of the day (try for 1-3 hours!)
- ☐ Take frequent breaks to stretch, hydrate, and move
- ☐ Get into nature for at least 15 minutes
- ☐ Choose a book to read
- ☐ When you feel that something is urgent - learn to reflect… "Can this wait?"
- ☐ Delete unnecessary Apps
- ☐ Try a digital sabbatical (1 day to 1 month…)
- ☐ Go on a date with no tech (with yourself or a loved one)