



5 Tips to Swap Screen Time for Real Time

More time focused on your devices means less time available for real-world experiences. Be a good example—starting with these five strategies to set your gadgets aside:

1. **Declare a weekday ban.** As a family, trade the screen time for family time. Try cooking together, board games, or a puzzle. Even a short digital detox powers positivity.
2. **Spare the screen, shed unwanted weight.** Instead of binge watching (and the tendency to overdo snacks), get outside, go on a walk, and engage your senses.
3. **Avoid multitasking, sharpen focus.** To add more efficiency to your concentration, put away your phone or—even better—keep it in another room.
4. **Make time to leave home without it.** Rediscover how refreshing it is to engage with people face-to-face. Call a friend, be part of the neighborhood, or attend a community event.
5. **Trade a screen for something tactile and tangible.** Instead of reading online, pick up a magazine or newspaper to see what catches your eye. Add to your sense of discovery.



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