

7 Tips for Balance and Boundaries

Technology helps us learn, create, connect, and have fun. Using it with healthy boundaries and making time for life offline helps us stay balanced.

1

Take regular screen breaks

Give your eyes and brain a rest by putting your phone down, stretching, or moving around.



2

Keep screens out of bed

Put devices away before bedtime to get a good night's sleep and help your brain relax.



3

Use technology with a purpose

Decide what you want to do and why before you reach for a device. Avoid scrolling for no reason.



4

Notice how technology makes you feel

If you're stressed, frustrated, or overwhelmed, it might be time to take a break.



5

Be present with the people around you

Put your device away during meals, in social settings, and family time.



6

Set healthy screen limits

Work with your family to decide when and where it's appropriate to use screens.



7

Life happens offline too

Some of the best memories are made by spending time with friends and family, trying new things, and enjoying the world around you.



Start a family conversation:

- What screen-free activities help you feel happy, relaxed, or recharged?
- How do you know when it might be time to take a break from your device?
- What are some times or places where putting our phones or tablets away makes sense?
- How can our family work together to create healthy screen habits?