

# Cutting Down On Scrolling On Your Phone

How often are you scrolling? I am guilty but now I cut down my usage I do feel a lot better but give myself a short space of time to cut down.

- Put your phone on silent
- Place in another room
- Time yourself on how long you scroll for and keep cutting down the time
- Get rid of some of your APPs
- Do physical reading and write it down as if you phone stops working you haven't lost everything and I like to write things down and/or if you lose it
- Go out without it and pay buy cash
- No phones at the dinner table
- No scrolling before bed or in the morning

