

# 3 Tiny Habits® for Reducing Screen Time



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If you find that scrolling news or social media doesn't really benefit you but rather adds anxiety about the current situation, try reducing unwanted screen time with these simple Tiny Habit Recipes:

1. **After** I sit down to eat lunch, I **will** turn the phone face down on the table.
2. **After** I pick up my phone to check the news or social media, I **will** set up my alarm for 10 minutes.
3. **After** I change into my pajamas, I **will** plug in my phone in the living room.

## Bonus!

- Try the Screentime Genie: <https://screentime.stanford.edu/>
- Search for "screen time" in your app store
- Learn how to turn on Do not disturb mode on your phone

Remember to keep the bar low for the size of the habit and also for editing the recipes. The anchors in these examples might not fit into your life or you'd rather do something else – that's more than OK.

One more thing: do **celebrate!** Especially in situations like this, it's important to let yourself feel good about taking care of yourself. Taking action to reduce unnecessary screen time is exactly that and worth celebrating.

Take care and keep in touch! You can always email me with questions and comments and I warmly welcome any feedback: [riitta@frankly.fi](mailto:riitta@frankly.fi)



Find out more about Tiny Habits: [www.tinyhabits.com](http://www.tinyhabits.com)