5 Ways to Regulate Tech Use

Just because technology is on 24-7,

doesn't mean you have to be as well.

5 Ways to Regulate Tech Use

1. **Turn It Off. Enough Said.**
Seriously the best boundary might be turning it off, leaving it in another room or putting it on airplane modes when are working on a project. Another option? turn off notifications.

2. **Get an alarm clock, and get your phone out of the bedroom.**
Stop making your phone the last thing you see at night, the first thing you use in the a.m., and something you check throughout the night.

3. **Grow, don't graze on the internet.**
When you sit down to search the internet, resist the urge to surf. Set a time, write down the topic you are online for and go to work.

4. **Plan regular times to unplug.**
Scheduling regular times to unplug allows you to fully plug into projects, friends, and family.

5. **Declutter your phone.**
Delete apps from your phone, create folders, and work to get your home screen clutter–free. Bonus if you embed a picture of what is important to you on your home screen.

Thank You!

Self regulation and moderation of our technology use is essential to maintaining boundaries and creating balance in our lives. Thanks for taking the time to make small changes that will help you to lead at work, while living a life.

Jessica

@JESSICACABEEN

WWW.JESSICACABEEN.COM

JESSICACABEEN@GMAIL.COM

Additional Resource:
10 PERSPECTIVES ON LEARNING IN EDUCATION, ROUTLEDGE GREAT EDUCATORS SERIES VOLUME 2.