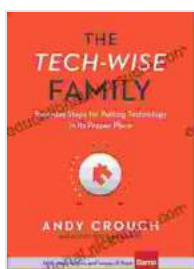


# Everyday Steps For Putting Technology In Its Proper Place

Are you constantly checking your phone, scrolling through social media, or watching TV? If so, you're not alone. Technology has become an integral part of our lives, and it can be difficult to know how to use it in a healthy way.



## The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place by Andy Crouch

★★★★☆ 4.7 out of 5

Language	: English
File size	: 5000 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 185 pages
Lending	: Enabled



In this article, we'll provide you with everyday steps to help you put technology in its proper place. By following these tips, you can reduce the amount of time you spend on screens, improve your focus, and increase your productivity.

### 1. Set Boundaries

The first step to putting technology in its proper place is to set boundaries. This means deciding how much time you want to spend on screens each day and sticking to it. You can use a timer to track your screen time, or you can simply make a conscious effort to put your phone away at certain times of the day, such as during meals or when you're spending time with family and friends.

## **2. Create Tech-Free Zones**

Another way to limit your screen time is to create tech-free zones in your home. This could be your bedroom, your dining room, or any other space where you want to relax and focus on other things. When you're in a tech-free zone, put your phone away and focus on other activities, such as reading, spending time with loved ones, or pursuing your hobbies.

## **3. Take Breaks**

If you find yourself spending too much time on screens, it's important to take breaks. Get up and move around every 20-30 minutes, or take a few minutes to meditate or practice deep breathing. Taking breaks will help you to clear your head and refocus.

## **4. Be Mindful**

One of the best ways to reduce your screen time is to be more mindful of how you're using it. Ask yourself why you're reaching for your phone or turning on the TV. Are you bored? Are you trying to avoid something? Are you looking for entertainment? By understanding your motivations, you can make more conscious choices about how you use technology.

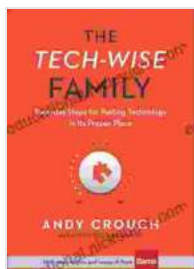
## **5. Find Alternatives**

If you find yourself spending too much time on screens, it's important to find other activities to fill your time. This could be anything from reading to spending time in nature to volunteering. Find activities that you enjoy and that make you feel good. The more you engage in these activities, the less likely you are to turn to technology as a default.

## 6. Get Support

If you're struggling to reduce your screen time, don't be afraid to ask for help. Talk to your friends, family, or a therapist about your concerns. There are also many support groups available for people who want to reduce their technology use. With the right support, you can overcome your addiction to technology and live a healthier, more balanced life.

Putting technology in its proper place is not always easy, but it's worth it. By following these everyday steps, you can reduce your screen time, improve your focus, and increase your productivity. You can also improve your relationships, your health, and your overall well-being.



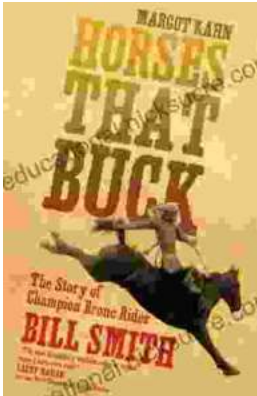
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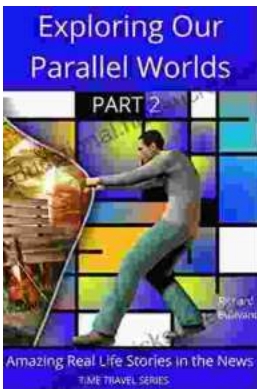
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