

# 7-DAY SMARTPHONE CHALLENGE



## MONDAY

Unfollow people who aren't your real friends, unsubscribe from unwanted email lists, and delete apps that you do not use

## TUESDAY

Turn off push notifications (automatic displays from apps like Facebook, messenger, Twitter, Snapchat, Instagram, email, text messages, etc.)

## WEDNESDAY



Set up a charging station outside of your bedroom, and do not look at your phone an hour before bed

## THURSDAY

Resist the urge to look at your phone for at least one hour after you wake up

## FRIDAY

Go out to dinner but leave your phone at home or turn it off before your meal. Keep it turned off until your meal is done

## SATURDAY

Spend the day not looking at or posting anything on social media

## SUNDAY

Turn off your smartphone for the entire day

For more information or to access confidential support, please contact our Gaming and Gambling Health Promotion Specialist at [ggap@metisnation.org](mailto:ggap@metisnation.org) or 1-800-263-4889 Ext. 7