

Tic-Tac-Toe of Healthy Device Habits

I feel happier after seeing what friends have posted on social media.	My phone home screen is free of games or social media that might take me down a mindless path in creativity-dulling ways.	We ask permission before googling something on our phones, even if everyone wants to know the answer.
I have an "I'm driving" message on my phone.	My friends and I have screens-away agreements when we're together.	I have a book on my phone to read so I don't doom scroll or otherwise do stuff I don't want to do.
I've deleted from my phone social media apps that weren't serving me.	I can articulate the purpose of different apps on my phone. I have deliberately chosen to keep them there.	I'm happy snapping group photos and waiting to post them until after our social gathering is over.