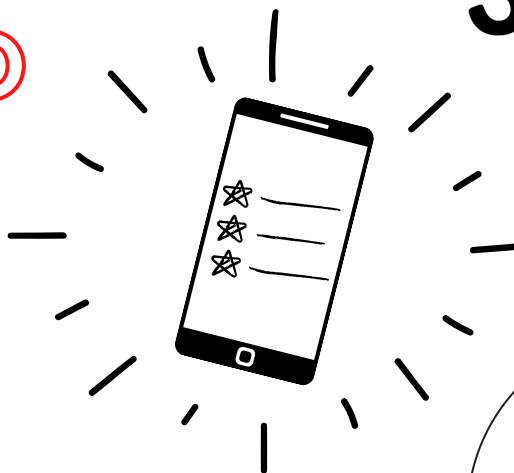


NEED AN ONLINE BREAK? -THINGS TO HELP

HEAD STRONG



YOU DON'T NEED TO TAKE A COMPLETE BREAK BUT MAYBE HAVE A GO AT GIVING YOURSELF AN HOUR OR TWO OFFLINE A DAY?

SPRING CLEAN YOUR APPS ONLY KEEPING THE KEY ONES YOU USE

CHARGE YOUR PHONE DOWNSTAIRS AT NIGHT

PLAN SOME QUALITY TIME ALTERNATIVES- COFFEE WITH A MATE (WITHOUT YOUR PHONE!)

HAVE AN 'UNFOLLOW' SESSION

SWITCH OFF NOTIFICATIONS



TELL PEOPLE SO THEY DON'T WORRY IF THEY DON'T HEAR FROM YOU ASAP

SET YOURSELF AN ONLINE TIME ALLOWANCE EACH DAY

TRY A NEW HOBBY IN THE EVENINGS

