

5 Ways to Resist Surveillance Capitalism

To avoid using your phone and decrease your screen time you can **try out new hobbies**. Here's our non-exhaustive list of fun things you can do: reading, learning a new language, journaling/writing, gardening, hiking, knitting or exercising!

1



Develop positive habits:

- **Choose one day each week** (usually a Saturday and Sunday) **and set your phone aside**. That's it, make a habit of it!
- **Put a hairband around your phone**. The hairband allows you to answer phone calls easily, but makes other uses of the phone more difficult

2

Change your phone/computer settings:

- **Turn off push notifications**: Turning off your notifications is a great way to avoid distractions and increase focus.
- **Switch to a search engine that doesn't track you**. Engines like Google collect high amounts of personal data. Other search engines like DuckDuckGo and Startpage do not save as much data about their users.

3



Set time away from screens:

- **Stop eating with screens**. This can lower dependence on screens for entertainment and encourage human-human interaction
- **Screen-free bedrooms**. Limits blue light exposure, leading to better sleep. Non-screen appliances are more effective substitutes.

4



Be mindful about your screen time:

- **Grayscale your screen**: Our brains are attracted to anything bright and shiny. Grayscale removes positive reinforcements and reduces that urge to scroll endlessly on social media
- **Record your screen time**. Realize how high it is in comparison to the amount of waking hours you have.

5

