

# 7 WAYS TO BREAK YOUR PHONE ADDICTION



**1. Stop charging your  
phone near your bed**

**2. Get an actual alarm clock  
instead of setting the alarm  
on the phone.**

**3. Turn off your phone  
notifications.**

**4. Delete app that are too  
addictive and not useful for  
you.**

**5. Set a clear intention for  
you're picking up your  
phone & put it aside as soon  
as you are done.**

**6. Try a phone-free day  
once a week.**

**7. Try going out to places nearby without your phone.**