



TIPS FOR TELECOMMUNICATORS

Unplugging at Home

1

Do one thing at a time.

Try to avoid multitasking.

2

Decrease stimulation.

Use light, pleasant sounds for ringtones and alerts.

Remove unnecessary apps from your phone.

Clean up your desktop.

3

Take time off from being available.

Turn your phone off.

Keep your phone in a different room from where you sleep.

4

Have technology-free time before bed.

Stop using electronics at least one hour before bedtime.

Do something calming, like reading or crossword puzzles.