



# Screen Time Wellness Applications

Apps to assist you in managing your screen time as to best maintain your physical and mental wellbeing.

## Be Rewarded

**Flora (iOS) & Forest (Android)** encourage you to reduce your screen time through reward systems. The more you limit, the larger your forest grows. They can also be used to maintain concentration while completing tasks, building habits, and meeting other goals.

## Spare Your Eyes

**F.lux (desktop)** helps minimize the impact of blue light on eye health and sleep patterns by adjusting display warmth based on time of day or personal preferences. Try checking out your device's display settings to see if it offers these adjustments in-house.

## Be Reminded

Using your preferred **calendar app** or **mobile timer** can be useful in encouraging a healthy break schedule. Try using the 20-20-20 method to prevent eye strain: divert your attention every 20 minutes and take 20 seconds to look at something 20 feet away.

## Check-in with Yourself

**Calm** and **Headspace (mobile)** offer multiple avenues to pause & check-in with your mental and physical wellbeing. These include breathing exercises, mood tracking, and meditations. During check-ins, try using your device's **Do Not Disturb** function to limit notifications.

## Get Your Body Moving

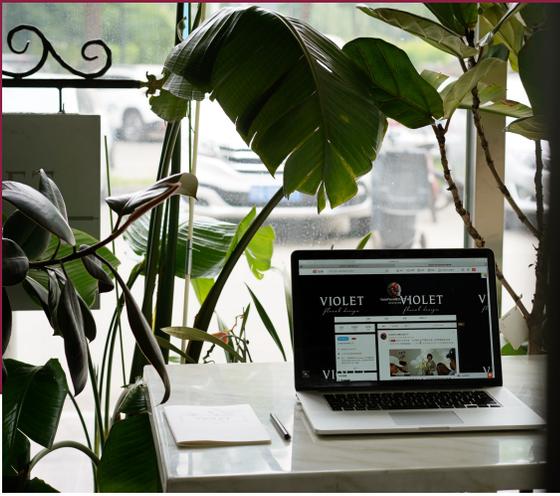
Tracking steps with **pedometer apps** on smartphones and smart watches can act as motivation to get up and moving throughout your workday. Some fitness trackers also have their own smart device apps that can be linked.

## Set Your Own Limits

**Screen Time (mobile)** helps you to keep track of your daily phone usage, schedule time away from specific apps, and set app time limits. Certain apps, like Youtube and Instagram, have their own in-app functions for tracking usage and setting daily reminders to disengage. Also try: **Digital Wellbeing (Android)**



# Resources



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Robinson, Melia. "This App Has Transformed My Nighttime Computer Use." *Business Insider*, 30 Oct. 2015, [www.businessinsider.com/flux-review-2015-10](http://www.businessinsider.com/flux-review-2015-10).

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White, Marney A. "Headspace vs. Calm: How Do These Meditation Apps Compare?" *Healthline*, 20 Sept. 2020, [www.healthline.com/health/headspace-vs-calm](http://www.healthline.com/health/headspace-vs-calm).