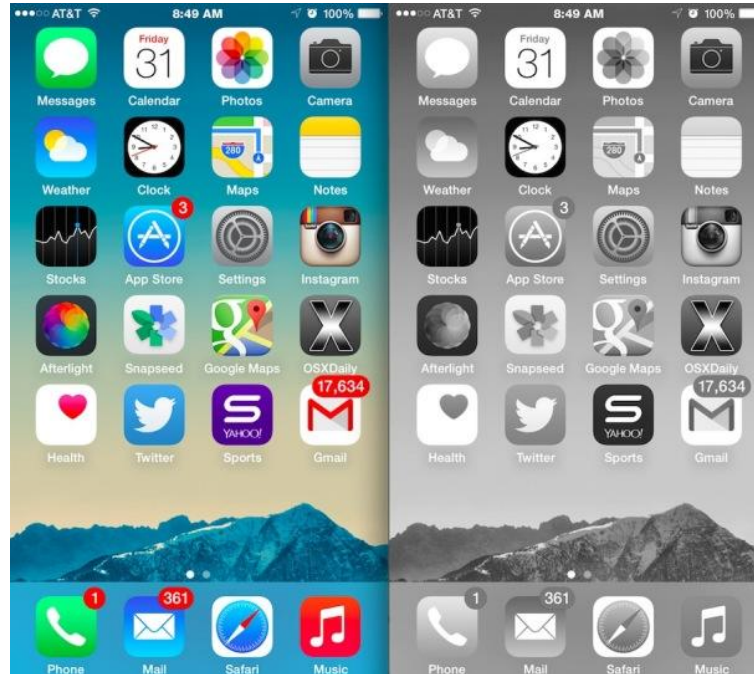


3 Ways To Stop The Addiction from Phones

By Dr. Christopher Smith



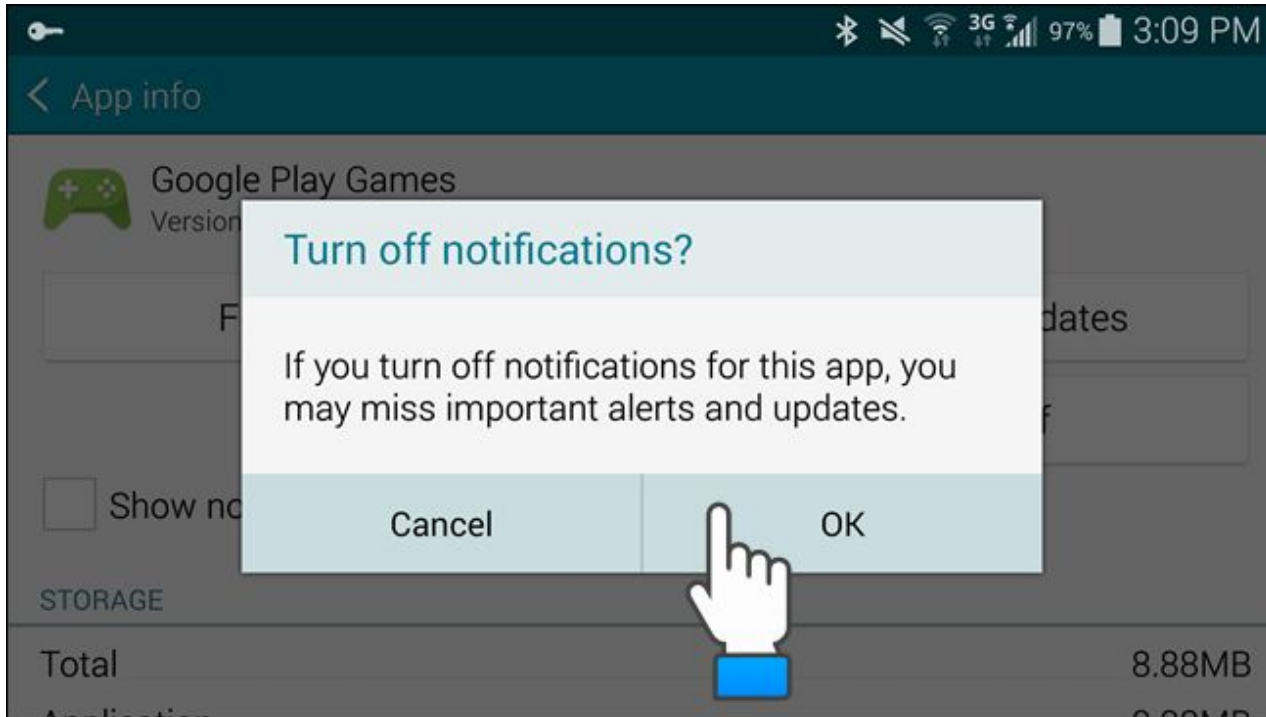
3. Turn your phone screen to black and white





Many apps that we have downloaded through our phones grab our attention. This is because the apps use interesting colors, shapes, and designs to get us more hooked up with our phones. If we turn our screens into black and white, we can not get as distracted to our phones as we were with a screen with color. On an iPhone you can easily turn the black and white scale on by going to Settings > General > Accessibility and toggle on "Grayscale".

2. Turn off your phone notifications





Many apps like, related social media, games, and messages often send out notifications on your phone to make sure that we are “hooked-up” with our phones. All of those vibrations and messages gets you to build a habit for looking for notifications on your phone. Joe Bubar, the author for “Are You Addicted to Your Phone”, states, “Features like red notifications were intentionally designed to grab people’s attention”. You can easily turn off notifications on your iPhone by going into Settings > Notifications > Tap the app that you want to disable notifications for.



1. Leave your phone in another room





The real reason phones are so addicting is because they are always with us in our hands or pockets. Leaving your phone in another room for some time can help stop phone addiction. Penelope Andreolas, a 15 year old teen from New York also supports this tip. She says, “When I know I have a big test coming up or a ton of homework, I often will completely turn my phone off and keep it in a separate room”. So, leaving your phone in your room when doing your homework or eating dinner can help stop phone addiction. And never take your phone to bed with you.