



# Screen Time Tips

TRES.IE

**1**  
**2**  
**3**  
**4**  
**5**

**Schedule screentime and breaks. Set aside specified times to unplug.**

**Remove screens from mealtimes.**

**Don't watch films or charge phone in bed.**

**Make a record of your screentime and stick to limits.**

**Exercise outside & meet friends in person instead of online.**

