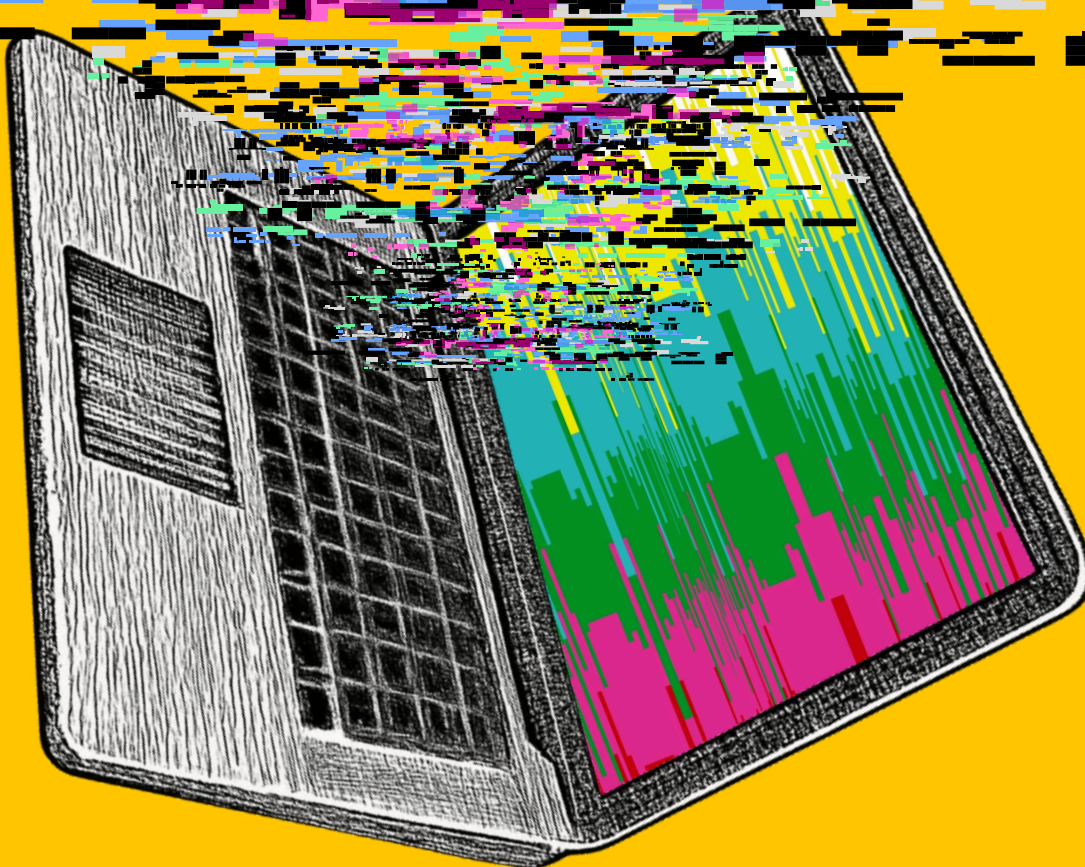


LOGGING OFF

A zine for intentional screentime
& reconnecting w/ yourself



“I put my phone on do-not-disturb when I need to do homework. Cause I need to focus. I know if I get a text from someone, I am going to respond and just end up being on my phone.”

-Leigh

DO YOU

“I try to judge myself less. The more I do that, the easier it is to put down my phone. I also try to do something different with my hands. I have been finding knitting to be a great alternative to scrolling on Instagram.”

-Natalie

*THOUGHTS FROM STUDENTS
AND HOW THEY ARE BUILDING
MEANINGFUL RELATIONSHIPS
WITH THEIR SCREENS*

WHAT

“Because I’m in school, I have to use screens every day, so I try to prioritize in-person things. Like hanging with my friends or going to an event on campus.”

-Grey

THINK?

“I read something recently on doing things more analog, like getting an actual alarm clock, bringing around a crossword book, going to the library more, that sort of thing. Ways to be on your phone less.”

-Blake

WITH MANY MOMENTS (FOR MOST OF US YEARS) ON SOCIAL MEDIA AND DIGITAL PLATFORMS, OUR FEEDS CAN BECOME CONGESTED WITH CONTENT THAT EITHER NO LONGER SERVES US OR, AND WE MAY NOT EVEN REALIZE IT, IS BRINGING US DOWN, EXHAUSTING US WITH THE NUMBNESS OF JUST ANOTHER POST. WE GROW OVER THE YEARS, BUT OFTEN OUR DIGITAL SPACES BUILD ON AND ON. IT'S NOT ALWAYS COMMON TO MAINTAIN THE NEEDED UPKEEP TO INTENTIONALLY CURATE OUR DIGITAL INTERACTIONS. IT'S TIME FOR SOME WELL DESERVED SPRING CLEANING! WHETHER IT IS YOUR COMPUTER DESKTOP, THE FOLKS YOU FOLLOW (AND FOLLOW YOU), PLATFORMS / APPS YOU RARELY USE, OR YOUR DISPLAY STYLE, DESIGNATE THE TIME TO CLEAN UP YOUR ALGORITHM AND MAKE THE TIME ON YOUR INTENTIONAL INFORMATIONAL, AND INSPIRING. NEXT TIME YOU GO FOR A GOOD OL' SCROLL SESH, TRY A MAKEOVER ON YOUR DEVICE AND CLEAR THAT TRASH INTO THE DIGITAL ETHER

LET'S
HIT THE
RESET





APP ASSISTS

Phones truly are a wonderful thing! They are helpful, comfortable, and fun! That's why many of us feel we can't live without them. So instead of thinking you have to cut your phone usage cold turkey, use its power to your advantage.

Try out apps like Screen Zen, Focus Friend, Finch, Opal, Moment, Forest that are specifically designed to support your phone use and build better routines with apps you find distracting.

Most phones also have an app locking feature that will designate allowance for certain apps.

Tip: set a passcode that only a trusted person knows if you need stronger accountability.

Breaking us



BE GENTLE



Switching up habits is challenging, it takes time. Show yourself kindness as you try new things to see what works best for you. Every relationship with a phone may look different. Attuning to yourself and knowing when you might need to unplug will grow your reach for your phone not on reliability, but intentionality.

YOU MAY HAVE HEARD SOME OF THESE BEFORE, BUT NOW'S THE TIME TO ACTUALLY GIVE THEM A GO!

SOMETIMES WE NEED A "PHONE A FRIEND MOMENT," (A LITTLE IRONIC, MAYBE...) OTHER TIMES WE REQUIRE A CONSISTENT NUDGE, AND STILL ALTERNATIVELY SOME OF US COULD USE A STRICT RULE. GIVE SOME OF THESE SUGGESTIONS A TRY AND SEE WHAT WORKS BEST FOR YOU!

DESIGNATING MORE AND MORE TIME AWAY FROM YOUR DEVICES CAN BE A CHALLENGING BOUNDARY TO SET. HABIT BREAKING CAN COME IN MANY FORMS AND DOESN'T HAVE TO BE DONE ALONE!

ROUTINES



Implementing new routines can give a fresh perspective on spending time with your phone. Perhaps you make your bedroom space a phone-free zone or give your eyes a break from scrolling and download some audiobooks. Try getting a traditional alarm clock to shift your reliability from your phone. Play around with different parts of your day and see if you can swap out phone time with explore time.

BUDDY UP!

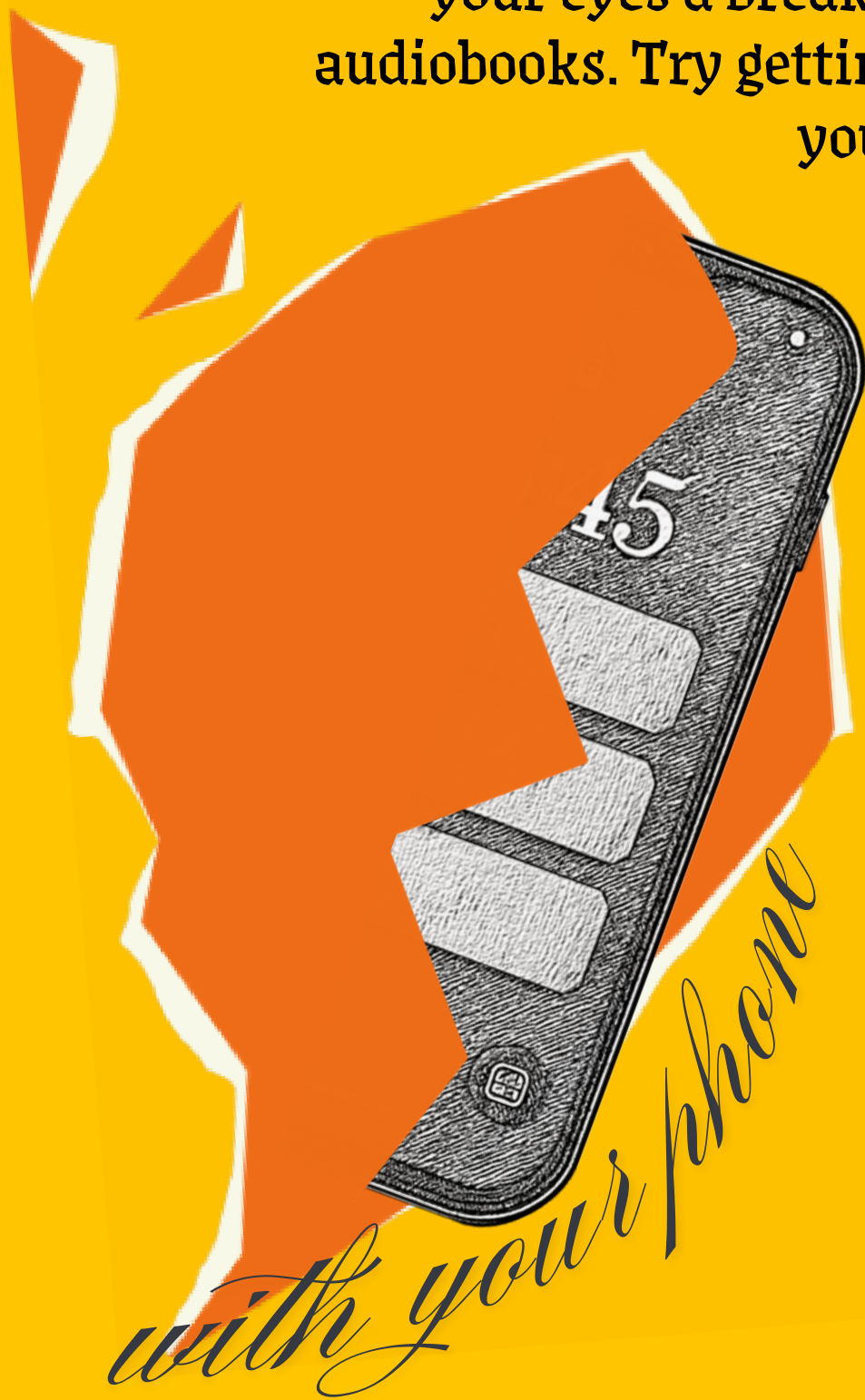


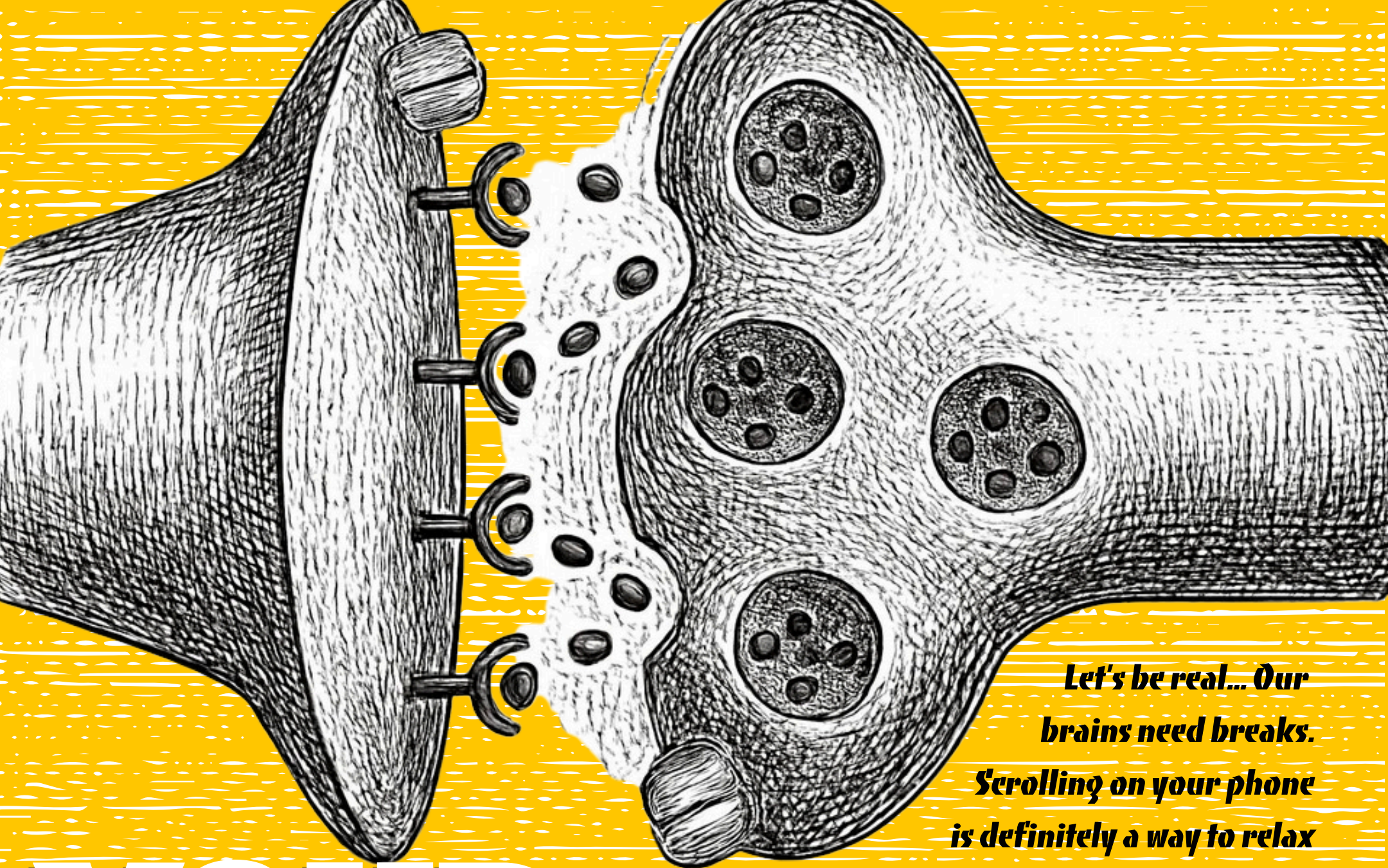
No one said you have to break habits alone! Got a friend that wants to switch up their digital use just like you? Try new things together and check in to offer support/reminders!

ALTERNATIVES



If you find yourself reaching for your phone during the day more times than you'd like, make a list of all the types activities that you either have been meaning to do or that give you a sense of joy/relaxation, (Ex. water your plants, read a chapter of a book, Stretch a part of your body that's sore, Spend 20 minutes on a creative activity) Make it a physical list that you can go back to each time you notice yourself picking up your phone. if you prioritize substitutions, you might be surprised with all the possibilities you are able to fill your time with.





YOUR BRAIN ON SCREENS

Let's be real... Our brains need breaks. Scrolling on your phone is definitely a way to relax and unwind. We don't have to get rid of that.

And nor should we. There are so many connective, inspirational, supportive, and powerful things our screen use can do. So

instead of taking away... What can we add? A bit of understanding. The more informed we are, the more conscious our decisions can be about when and

how we use our devices. Overly excessive time spent on platforms can lead to emotional desensitization, cognitive overload, and a negative self-concept. These are personal concepts worth protecting and strengthening. Your time

both on screen and off screen can be more fulfilling.

In an era of rising technology, it is important this zine mentions AI when talking about our device usage. It can be convenient to reach for a platform that appears to provide us with the answers or an immediate solution. But... looks can be deceiving. It is valuable to evaluate a platform and understand it before using it on a regular basis. As we know, AI is rapidly growing and showing up in just about every area of our digital spaces. If we are going to use it, be informed. Be mindful. It gives the appearance of being accessible, quick, and knowledgeable; however, the use of Artificial Intelligence has serious environmental ramifications and is known to lead its users astray when seeking helpful or factual information. This has the potential to pose dangerous risks for its users. Lean in on your real, in-person resources. Talk through things with your friends, seek support from a professional counselor, discuss more thoroughly with your professors, or ask a librarian. These methods will strengthen your knowledge, connections, and innermost reasoning.

STRENGTHEN YOUR NATURAL REASONING

A NOTE ON ARTIFICIAL INTELLIGENCE



APPROACH TO YOUR SCREENS
INTENTIONAL
CONNECT
REFLECT &
RECOGNIZE
HOW DO YOU FEEL WITH A MORE
NOTICE YOURSELF.
TIME USE?



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