

Wellness

Wednesday



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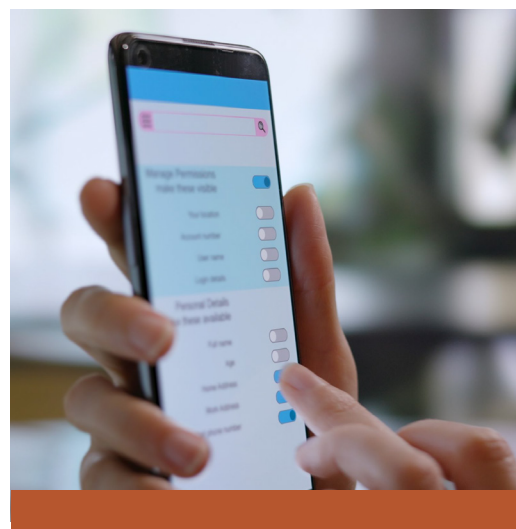
Find your path to total well-being!

8 Actually Useful Tips For Spending Less Time On Your Phone

In our fast-paced digital world, it's becoming increasingly challenging to disconnect from our phones and reduce screen time. However, spending too much time on our devices can have negative effects on our well-being, such as increased stress, anxiety, and decreased productivity. If you're looking to reclaim control over your screen time and enhance your overall well-being, we've compiled eight useful tips to help you achieve that goal.

1. Understand Your "Why"

Before embarking on a journey to reduce screen time, it's essential to understand your motivation behind this goal. Ask yourself what you want to spend your time and attention on instead of being constantly glued to your phone. Identify your priorities and determine how your phone use may be interfering with them. This self-reflection will provide you with the necessary drive and focus to make a change.



One effective way to identify your goals and brainstorm ideas is to write a breakup letter to your phone. This exercise will help you transform your relationship with your phone from a temptation to an obstacle that hinders how you want to live your life. With a positive mindset, it'll be easier to change your habits and shift your attention to more meaningful activities.

2. Activate Grayscale Mode

The vibrant colors on our screens can be visually stimulating and addictive. To make your phone less appealing and reduce the temptation to use it, consider activating the grayscale mode. This feature, available on most smartphones, turns the colors on your screen into shades of gray. By reducing the visual appeal of your phone, grayscale mode can help curb your desire to scroll endlessly through social media feeds and other captivating apps. Research has shown that using grayscale mode can decrease the likelihood of picking up your phone and getting lost in the digital world.

3. Silence Notifications

The constant sound of incoming notifications can be a significant distraction and source of temptation. Each notification triggers a dopamine hit in our brains, making it challenging to resist the urge to check our phones. To regain control over your screen time, put your phone on silent mode and turn off push notifications. By silencing your phone, you eliminate the auditory cues that prompt you to pick it up. This simple action allows you to focus on the present moment and reduces the interruption caused by incoming messages and notifications.

4. Create Physical Barriers

To minimize mindless phone use, create physical barriers between you and your device. For example, try placing a hair tie or rubber band around your phone. This simple act creates a physical reminder of your intention to reduce screen time. The presence of the hair tie or rubber band serves as a mindfulness cue, prompting you to pause and question whether you truly need to use your phone in that moment.

5. Intentional App Organization

The layout and accessibility of your apps can influence your phone usage. Take a deliberate approach to organizing your apps, placing the most frequently used ones on secondary screens or in folders. This intentional arrangement adds an extra step before accessing certain apps, providing a moment of reflection and decision-making.



6. Consider Removing Social Media Apps

Social media platforms are notorious for consuming excessive amounts of our time and attention. If you find yourself mindlessly scrolling through Instagram, Facebook, or Twitter, consider removing these apps from your phone altogether. Removing social media apps can significantly reduce the temptation to engage in endless scrolling and comparison.

7. Embrace Alternative Activities

Reducing screen time opens up opportunities to engage in alternative activities that promote well-being and personal growth. Explore hobbies, such as reading, painting, playing a musical instrument, or practicing mindfulness. Engaging in these activities not only provides a break from screen time but also enhances your overall well-being.

Additionally, prioritize spending quality time with loved ones and nurturing relationships. Plan phone-free outings, enjoy face-to-face conversations, and create meaningful connections offline. By actively participating in these activities, you'll discover the joy and fulfillment that comes from being present in the moment and fostering real connections.

8. Consider a "Dumb Phone" Experiment

If you're truly committed to reducing screen time and breaking your dependency on smartphones, consider experimenting with a "dumb phone." A "dumb phone" refers to a basic phone that only offers essential functions like calling and texting.

By using a "dumb phone" for a designated period, such as an hour a day, you can learn to rely less on the advanced features and constant connectivity of smartphones. This experiment allows you to experience life with fewer digital distractions while still maintaining essential communication capabilities.

It's important to note that smartphones are not inherently bad. They offer convenience, access to information, and connectivity. However, finding a balance between digital engagement and real-life experiences is crucial for our well-being. By implementing these tips and strategies, you can regain control over your screen time, improve your overall well-being, and foster a healthier relationship with technology.

Remember, reducing screen time is a journey that requires patience and self-compassion. Celebrate your progress, no matter how small, and be gentle with yourself when setbacks occur. With time and practice, you'll develop healthier habits and experience the benefits of a more balanced digital lifestyle.



INGREDIENTS

- 8 ounces cooked chicken breast, shredded or diced
- 1/4 cup celery, sliced
- 3 tablespoons mayonnaise (or Greek yogurt as a substitute)
- 1/4 cup chicken broth
- 1 tablespoon dried cranberries
- 1 tablespoon red onion, chopped
- 2 medium sweet red apples, sliced into rounds and cored

WHY YOU'LL LOVE CRANBERRY CHICKEN SALAD ON APPLE SLICES

Cranberry Chicken Salad on Apple Slices offers a perfect balance of flavors and textures that will leave you craving more. Here are a few reasons why you'll fall in love with this dish:

HIGH PROTEIN

Chicken is a fantastic source of lean protein, which is essential for muscle repair and growth. By incorporating chicken breast into this salad, you'll fuel your body with the nutrients it needs to thrive.

GLUTEN-FREE AND DAIRY-FREE

If you're following a gluten-free or dairy-free diet, you'll be delighted to know that this recipe is completely compliant. By using apple slices as a base instead of bread or crackers, you'll enjoy a low-calorie and gluten-free alternative.

DELICIOUS COMBINATION OF FLAVORS

The sweetness of the apples perfectly complements the savory chicken salad, while the cranberries add a tartness that elevates the overall flavor profile. With each bite, you'll experience a burst of flavors that will leave your taste buds dancing.

Nutrition Information

Serving: 1 apple, 1 generous cup salad, Calories: 439 kcal, Carbohydrates: 30 g, Protein: 36 g, Fat: 20 g, Saturated Fat: 3.5 g, Cholesterol: 105 mg, Sodium: 245 mg, Fiber: 5 g, Sugar: 22.5 g



INSTRUCTIONS



HOW TO MAKE IT

PREPARE THE CHICKEN SALAD: In a medium bowl combine the chicken with celery, mayonnaise, chicken broth, cranberries and red onion, and stir until combined. Adjust salt and pepper to taste.

SLICE THE APPLES: When ready to eat, slice the apples into 1/4 inch thick slices, then remove the seeds. (I used a piping tip). It's best to eat right away so they don't turn brown, but if you are planning to eat later, you can toss the apple slices in a little lemon juice.

ASSEMBLE: Spoon a generous amount of chicken salad onto each apple slice and enjoy!

VARIATIONS TO CUSTOMIZE YOUR SALAD

One of the great things about this recipe is its versatility. Feel free to customize it according to your taste preferences and dietary needs. Here are a few variations you can try:

SWAP THE PROTEIN

If you're not a fan of chicken, you can easily swap it out for another protein source like turkey or tuna. This variation will give you a whole new flavor profile while still maintaining the essence of the dish.

ADD MORE VEGGIES

Boost the nutritional content of your salad by adding shredded carrots or chopped broccoli. These vegetables will not only enhance the flavor but also provide additional vitamins and minerals.

INCORPORATE NUTS

For an added crunch and a dose of healthy fats, consider adding pecans or walnuts to your salad. These nuts will elevate the texture and provide a delicious nutty flavor.

FEATURED EXERCISE

<https://www.popsugar.com/fitness/how-use-medicine-ball-abs-46062095>Featured Exercise ► **Medicine Ball Alphabet**

HOW TO DO IT:

1. Stand with your feet shoulder-width apart, making sure your knees are not locked. Then try one of these two variations.
2. For stability: Start with the ball at chest level, and slowly write the cursive alphabet in front of you. While your arms move around at all sorts of angles, you need to use your abs to keep your torso still. Think of keeping the area between your ribs and pelvis solid.
3. For mobility: Start with the ball at chest level, but increase the range of motion of your arms, making your alphabet larger, using your torso and rib cage to write the letters as well. Keep your abs engaged the entire time. For more of a challenge, try this version in a squat or a lunge.

BENEFITS:

Doing ab exercises with just your body weight can be challenging in itself. But when you bring extra pounds into the equation, it's a whole new kind of burn. As celebrity trainer Gunnar Peterson told POPSUGAR in a previous interview, the secret to great abdominals is "working consistently, working in different planes of motion, and adding weights to your abdominal work."

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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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