FIGHT BACK TOOLKIT
PRACTICAL TIPS

SET SCREEN-TIME GOALS

- Monitor them to stay on track.
- Partner with a friend/spouse to stay accountable.

REMOVE COLOR-TRIGGERS THAT DRAW YOUR ATTENTION

- Use black-and-white mode.
- Turn off all notifications.

REMOVE DISTRACTING APPS

Instead, schedule time to engage on your computer.
e.g. Facebook, TikTok, Snapchat, Instagram, news

SCHEDULE TECHNOLOGY-FREE BLOCKS

- Don't start or end the day on social media.
    - Put your phone to bed.
    - Use an alarm clock instead of your phone.
- Put your device away during meals.
- Disconnect on sabbath.

FOLLOW VOICES YOU DISAGREE WITH

By default, the algorithms show us content we agree with to keep us longer, removing our ability to engage with those we disagree with. Follow All Sides Now, an account that shows a cross-partisan view of world events.