

TEN WAYS TO BE MINDFUL WITH TECHNOLOGY

Technology can be a powerful tool, or it can increase stress. In itself, it's not good or bad, and like money, it's more about how we relate to it that matters. Here are some ideas on how you can mindfully use technology:

1. Establish tech-free times

An hour before bed or after waking, during meal time and during staff meetings are examples.

2. Practice Screen-free Shabbat

Take just one day a week to turn off your screens, including television. Use the time to catch up on projects, spend time with family or get out in nature.

3. Designate tech-free spaces in your home

The family room can be a place for reading or family game night, devices off-limits.

4. Keep some space between you and your devices

Don't make your devices so readily available. Keep them out of your hands or out of reach unless you need to use them.

5. Set up quiet rooms at work

Give staff a place to go for meditation, reading or just some quiet time on their breaks.

6. Schedule time to reply to messages

Only check emails when you can actually focus your full attention on responding.

7. Deliberately interact with people

Ask someone for directions, visit a colleague's desk instead of emailing or texting them, chat with the people you interact with on a daily basis (baristas, gas station clerks, etc.).

8. Use technology mindfully

When you do pick up your devices, do it with purpose, not just to fill time.

9. Make good use of your phone's features

Set a timer on your device to remember to connect with your breath or to get up and move.

10. Download a meditation app

There are many meditation and mindfulness apps available that can help you on your mindfulness journey.

