

IS YOUR PHONE CONTROLLING YOU?

When useful technology starts taking control of your time, attention or sleep, it may be time to pause.

**PAUSE.
NOTICE.
CHOOSE.**

Using your phone a lot isn't automatically a problem. The concern is when phone use becomes difficult to control—or starts interfering with sleep, work, relationships, mood or everyday life.

IT'S NOT JUST ABOUT SCREEN TIME.

It's about whether you are still choosing when and why you use your phone

SIX SIGNS WORTH NOTICING

01 LOSS OF CONTROL You intend to use your phone for a few minutes, but repeatedly stay much longer.	02 AUTOMATIC CHECKING You reach for your phone repeatedly—even without a clear reason.
03 UNCOMFORT WITHOUT IT You feel unusually restless, anxious or irritable when you cannot access it.	04 SLEEP GETS PUSHED BACK Scrolling, gaming, videos or messaging keeps you awake later than planned.
05 REAL LIFE GETS INTERRUPTED Phone use gets in the way of work, studies, meals, exercise, family time or conversations.	06 YOU KEEP GOING ANYWAY You notice problems caused by your phone use, but still struggle to change the pattern.

ASK YOURSELF

“If I wanted to reduce my phone use, would I be able to?”

Repeated difficulty cutting down may be a reason to explore the habit—not a reason to blame yourself.

TAKE BACK CONTROL

You don't have to give up your smartphone. The aim is to make your phone work for you—not the other way around.

5 SMALL CHANGES THAT CAN HELP

NOTICE YOUR TRIGGERS

- 01** For a few days, notice when you reach for your phone. Ask: “Do I need it—or am I bored stressed, lonely or uncomfortable?”

CREATE PHONE-FREE MOMENTS

- 02** Choose a few: meals, bedtime, conversations, exercise, focused work or study. Start with one or two

MAKE DISTRACTIONS HARDER TO REACH

- 03** Turn off unnecessary notifications. Move distracting apps away from your home screen. Use Do Not Disturb when focusing.

REPLACE, DON'T JUST REMOVE

- 04** Have something ready to do instead: reading, music, exercise, hobbies, socialising, outdoor time or creative activities.

PROTECT YOUR SLEEP

- 05** Try keeping your phone away from the bed, avoiding stimulating content late at night, and setting a regular digital wind-down time.

YOUR SMARTPHONE HABIT CHECK

Over the past few weeks, have you...

☐ Used your phone longer than intended?	☐ Tried to cut down but found it difficult?
☐ Checked it repeatedly without a specific reason?	☐ Felt restless, anxious or irritable when you couldn't use it?
☐ Used it when you should have been sleeping?	☐ Let phone use interfere with important tasks?
☐ Used it during conversations despite wanting to be present?	☐ Continued despite noticing negative consequences?

REMEMBER: More boxes checked does not automatically mean “addiction.” There is no single number of hours that defines a problem. Loss of control, distress and interference with everyday life matter more.

MYTH ↔ FACT

MYTH	FACT
"Many hours means I'm addicted."	High use alone doesn't establish a disorder. Look at control and consequences.
"I need to completely stop."	The goal is healthier, more intentional use—not abandoning technology.
"Discomfort without my phone means addiction."	Persistent loss of control and meaningful interference are more important warning signs.

WHEN SHOULD YOU SEEK HELP?

Consider talking to a mental-health professional if you repeatedly struggle to reduce your phone use; it is significantly affecting sleep, work/studies or relationships; or you experience significant distress when you cannot use it. Professional support may also help when excessive phone use seems connected with persistent low mood, anxiety, loneliness or other emotional difficulties.

You don't need to fight your phone.

YOU NEED TO REGAIN YOUR CHOICE.