

Life Beyond Algorithms

01 Strategies for Success

- **Create a Physical Barrier:** Charge your phone in another room or far from the bed to prevent scrolling.
- **Establish a "Digital Curfew":** Set a strict time (e.g., 9:00 PM) where all screens are turned off.
- **Replace Tech with Analogue Activities:** Read a physical book, journal, meditate.
- **Use Phone Settings:** Switch to "Do Not Disturb" mode.
- **Gradual Approach:** Slow and steady!

02 Keys to making meaningful connections offline!

- **Engage in Structured Hobbies** like book clubs, fitness groups, creative classes, dance classes etc.
- **Volunteer** in the Community.
- **Practice "Everyday" Connection** – Aim to have at least one interaction without a screen per day, such as a five-minute conversation with a neighbor, chatting with a barista, or eating lunch with a colleague.
- **Reconnect with Existing Networks** – reach out to people you may have lost contact with and make plans to connect.

03 What to do if you are the victim of an online scam.

- Be vigilant when you receive a message from someone you don't know.
- Check the sender's email address.
- If it sounds too good to be true, it probably is...
- Pay close attention to what is being asked, most reputable companies won't ask for sensitive or personal information in an email.
- Look for typos or spelling mistakes in the body of the email.
- Look up the text or sender online to see if what you received looks like a known scam.

04 Key Strategies for Digital Boundaries

- Establish Tech-Free Zones and Times.
- Create Physical Distance.
- Set specific rules.
- Prioritize Offline Activities.
- Be intentional.
- Model Healthy Habits.
- Use Digital Tools for Control.

