# Your Digital Life During Lockdown

Thanks for listening to the podcast on managing your digital life during lockdown. Here is a reminder of the recommended action steps:

**Step 1: Reconnect with your real-world needs and priorities**

Ask yourself the following questions:
- What aspects of life am I not sufficiently on top of right now?
- What could I do to keep myself feeling and functioning well?

**Step 2: Implement low-tech, common sense strategies**

1. Have other things that you can do with your hands than reaching for your phone or laptop (e.g. Rubik's cube, jigsaw puzzle, knitting)
2. Create digital-free zones in your living space (e.g. where you sit to eat)
3. Turn off as many notifications as possible on your devices
4. Put your phone to bed at night (e.g., keep it in another room or in a bag; get an alarm clock)
5. Delete apps you know aren't good for you
6. Adopt simple rules or principles for device use, write them down, and stick them someplace prominent (e.g., decide at the outset how many episodes of a series you'll watch).

**Step 3: 'Hack' your devices**

1. **Remove the newsfeed from Facebook and/or recommended videos from YouTube**
   a. Laptop:
      i. Chrome: [News Feed Eradicator for Facebook](#), [Distraction Free for YouTube](#)
      ii. Safari: ["No Distractions" for Facebook](#), ["No Distractions" for YouTube](#)
      iii. Firefox: [News Feed Eradicator](#), [Distraction Free YouTube](#)
2. **Use focus or blocking tools to support time-boxing for academic work**
   a. Laptop
      i. [Micromanager](#)
      ii. [Cold Turkey Blocker](#)
      iii. On Mac OS Catalina: System Preferences -> Screen Time -> [Downtime](#)
   b. iPhone
      i. Settings -> Screen Time -> [Downtime](#)
   c. Android
      i. [AppBlock](#)
      ii. Settings -> Digital Wellbeing -> Focus mode
3. **Protect your beginning and end of day**
   a. Laptop
      i. [Cold Turkey Blocker](#)
   b. iPhone
      i. Settings -> Screen Time -> [Downtime](#)
      ii. Clock app -> [Bedtime](#)

c. Android
    i. Settings -> Digital Wellbeing -> 'Wind Down'/Bedtime