

Your Guide to Healthy Phone Use

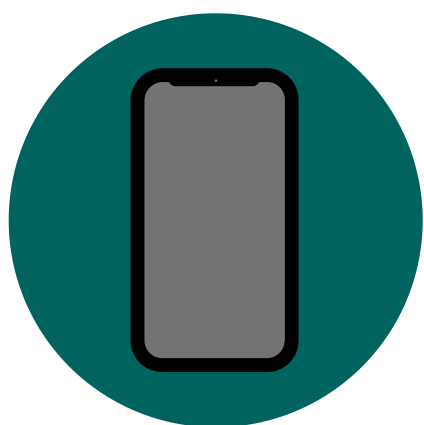
Help for young adults struggling with phone addiction

Balance your life, online and off.

Independence and life as an emerging adult is full of challenges, and there is one constant: technology. Skyterra Young Adult helps guests break phone and technology addiction. Our program teaches the importance of real-world relationships.



SPEND YOUR TIME IN MEANINGFUL WAYS



IDENTIFY PROBLEM AREAS

Keep a log of when and how much you use your phone. The more you understand your overuse, the easier it is to curb your habits and regain control of your time. What things could you be doing instead of spending time on your phone?



CONSIDER PROFESSIONAL HELP

Turning to your phone to relieve feelings of worry or anxiety, awkwardness in social situations or loneliness only pushes yourself further away from real-world relationships around you. Skyterra Young Adult experts teach appropriate ways to create a healthy relationship with technology.

UNDERSTAND THE ROLE PHONE ADDICTION PLAYS IN YOUR LIFE

Many areas of your life can be neglected because of phone addiction, including: real-world relationships, hobbies, mental health and responsibilities



BUILD STRUCTURE AND COPING SKILLS AROUND TECHNOLOGY USE

Give yourself realistic, specific times of the day to be on your phone. Outside of those times, only use the phone as necessary. Build your coping skills to help you weather the stresses and strains of daily life without relying on your phone. Reward yourself with a certain amount of time on your phone once you've finished a chore.



SKYTERRA YOUNG ADULT

At Skyterra Young Adult we know that you want to be healthy and independent. In order to do that, you need to feel better. The problem is that attempts to succeed have failed you, which leaves you feeling stuck.

We believe everyone deserves to feel better. We understand that life can be challenging, which is why we have an expert team of Licensed Clinicians, Registered Dietitians, Certified Fitness Instructors and Executive Chefs that specialize in young adult wellness.

[DISCOVER MORE AT SKYTERRAYA.COM](https://www.skyterraya.com)