# YOUR ATTENTION IS NOT NEEDED




# JOIN MOBILE FREE MONDAYS

## NO ONE SHOULD HAVE TO LOG OFF ALONE

- **The aim is to be able to have your phone in another room or out of site for the day.**
- **Make a plan, not a ban. Allow short windows to check your phone**
- **Inform those who are used to having access that you will be offline on Mondays**
- **Spread the word, the more people involved, the less messaging will occur.**
- **Set contacts to bypass silent mode by turning on Emergency Bypass on an iPhone or configuring Do Not Disturb on Android**
- **Set you status or auto-responder to "📵 Mobile Free Monday. Please reach me via email."**
- **Stick to it: Don't respond to messages or engage with social media or people will ignore your boundary.**

DEAD GOOD CLUB

### HEALTH AND SAFETY NOTICE (FUNDED BY THE DEAD GOOD CLUB COMMUNITY INTEREST COMPANY)

You might at first experience anxiousness or boredom. But you'll soon adjust and experience the benefits of lower stress and improved focus.

You'll also have more free time! What will you do with those hours saved not doomscrolling? Explore all the many other ways to spend your time!

If your family, friends, and colleagues all begin to practice Mobile Free Mondays, the less temptation there will be to check your phone.

If 10% of all people in the UK stopped using their phones for one day a week, it would save an estimated 72,000 tonnes of $CO_2e$ emissions every year.