

RESULT  
*YOUR FQ IS:  
AVERAGE*

## AVERAGE

### YOU NEED A SCREEN WEAN

*You're super tech savvy but you experience the adverse consequences of living a screen-saturated life.*

You're super tech savvy but you find it exhausting at times to live such a screen-saturated life.

More often than not, you feel tired and distracted and never allow yourself time to daydream or just 'be'. You're always checking your phone (or gaming console) and can rarely get through your homework without your phone interrupting you. Siri is your constant companion and the incessant pings and dings from your devices hum like background music to your day. You know your wellbeing and learning would improve with less time spent online but you're just not sure how to tame your troublesome tech habits.

The good news is that there's simple ways you can use to stop digital distractions from harming your health and make sure you can stay focused on real life more often.



Wear headphones when you need to tackle your study or homework. Listening to music without lyrics or music, with a tempo that imitates your resting heart beat can help boost your focus (60-80 beats/minute).



Establish a digital depot where you store your devices at home- this is a designated spot where your phone/tablet/laptop/console goes at night or when not in use.



Activate 'Focus Mode'. When you want to do your homework/study and don't want to be distracted, turn on Focus Mode. You can now customise this feature so some contacts (your VIPs) can still get through whilst everyone else is blocked.