# RESULT

# *YOUR FQ IS:*
# *HIGH AVERAGE*

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## YOU'RE A TECH-TAMER

*You're aware that technology can take over your life a bit \*too\* much at times but you're developing a range of smart strategies to help you curb your digital dependencies and distractions.*

You're aware that technology can take over your life a bit \*too\* much at times but you're starting to make some smarter choices to help you use your devices less and stay focused more.

Whilst you'd like to spend a little less time plugged-in and a lot more time switched off from your devices, you're just not sure how to do that (without resorting to a digital detox or giving up your gaming console completely). You know that your focus is an important skill to develop, but you're not always able to disable digital distractions.

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.

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.

Bundle/batch your notifications so they come to you at allocated times of the day, rather than dribbling in throughout the day.

Put your phone (or tablet/gaming console) out of sight when doing your study or homework. Just seeing your phone can reduce your cognitive performance by 10%.