Ten Tips for a Healthy Lifestyle

Smart Phone Use

1. Be in control of your phone, don't let it control you!
2. Speak softly.
3. Be courteous to those you are with; turn off your phone if it will be interrupting a conversation or activity.
4. Watch your language, especially when others can overhear you.
5. Avoid talking about personal or confidential topics in a public place.
6. If it must be on and it could bother others, use the silent ring mode and move away to talk.
7. Don’t make or take calls in a library, theater, church, or from your table in a restaurant.
8. Don’t text during a meeting or class.
9. Private info can be forwarded, so don’t text it.
10. Keep your mind on the road, not on your phone!

Set Limits on Technology

- Research shows that people who reduced checking their email from 15 or more times a day down to 3-5 times, found their overall tension and stress levels went down dramatically.
- Turn off your phone and leave it in another room before bedtime otherwise it can interfere with sleep. The Centers for Disease Control (CDC) recommends at least 7-8 hours of sleep each night.
- Talk rather than text. It may improve the quality of your relationships!
- Never allow texting or phone calls to take the place of real human interaction. Get together with friends and family regularly.

From the driver behind you and beside you, "you really aren’t as good at driving while texting as you think." Remember to stay safe - don’t text and drive!

This pamphlet has been released in response to a growing request to address smart phone use. The Saint John Vianney Center also comes to your diocese/religious community to discuss how technology, despite all the good it has to offer, can also get in the way of staying connected to God and one another, and how increased use can become problematic. We provide practical tips to restore a healthier lifestyle in mind, body and spirit. To learn more, contact us today.

Saint John Vianney Center

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“What profit is there for one to gain the whole world yet lose or forfeit himself?”
LUKE 9:25
Healthy Lifestyle Checklist

Maintain a Healthy Lifestyle

Since nearly all of us have a smart phone these days, it stands to reason that some of us are going to be better users than others. But good smart phone use isn’t only about being current with technology, it’s also about manners. Smart phones can provoke a lot of anger if not used correctly. That’s why we are sharing smart phone etiquette tips so that you know the do’s and don’ts of smart phone use. Share these with others as well so we are all following the same guidelines. This will help us all stay on the right track and have considerate and healthy communications.

Ready? Then let’s get to the commandments of smart phone use.

Thou Shalt Not Pay More Attention to Your Phone than to Me

The first one is a commandment that’s broken too often. No matter where you are, or who you’re with, it’s inconsiderate to pay more attention to your phone than to whoever you’re with. That includes the person on the other side of the counter or desk, family members, colleagues, and friends.

We realize an urgent message may pop up. A quick glance every now and then is fine (or, you can get a smart watch and be more discrete about it), but more than that though is not okay. This includes tweeting, Facebook status updates, general chat with your friends, and holding a conversation with someone while someone is trying to serve you, or in front of you.

Thou Shalt Not be Loud

First, you don’t need to shout. Mobile technology has improved so yelling isn’t necessary. This is especially true if you’re in a place with other people, such as a train or restaurant.

Second, we don’t want to hear your tunes. Besides, you’ll get much better sound with headphones.

Third, if you’re getting a long string of texts or chat messages, turn off the notification sound! Bottom line? Keep things quiet.

Thou Shalt Not Swipe

This commandment refers to other people’s devices rather than your own, but that doesn’t make it any less important. When someone hands you a phone to look at a picture, look at the picture then hand the phone back. No swiping through the rest of their gallery, and definitely no swiping out of the gallery. Just as you want your phone to be private, your friend’s phone is private too.

Thou Shalt Not Drive

Your phone and your car don’t mix. Cell phones are implicated in far too many accidents. Put the phone in the glove compartment or get hands free capability.

Thou Shalt Text Responsibly

This is a broad rule, but still a good one. First, do not text if you’ve been drinking. It impresses no one and you will end up looking foolish. Leave your phone in your pocket and enjoy your evening.

Thou Shalt Not Live Through Your Phone

We all know someone that always seems to be looking at the world through the lens of their smartphone camera, and is constantly on social media. It’s okay to post a couple of great pics, or a status update, but do you need to watch that entire show through the lens of your phone? Live your life, put your phone away, and you might find that you actually have something interesting to post.

Thou Shalt Be a Nice Person

Finally, just be considerate. Think about others around you. If you get an important call during dinner, get up and take it outside. If you take a picture of someone else, ask their permission before posting it or tagging them in it. Don’t make calls after 10 p.m., send a text instead (unless it’s a real emergency).