

# Tips for building & maintaining healthy screen use

Most of us are using screens more than usual at the moment. Screen use has the potential to harm our physical and mental health. Here are some simple ways to maintain healthy screen use:

## Set daily limits for screen use

You might like to start by setting screen-free times



## Keep screens out of bedrooms

This will help stop screens interfering with sleep



## Do daily activities that don't involve screens



Get educated about the impact of screen use and talk about it - <https://www.esafety.gov.au/>