

# **SLOW YOUR SCROLL**

Find joy **LIVING**  
in the moment

BY RACHEL NORMAN

Slow Your Scroll by Rachel Norman  
Layout by Erica Zoller Creative, Cover Illustration by Jared Staten

[www.amotherfarfromhome.com](http://www.amotherfarfromhome.com)

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Friend, I am so glad you're here.

I came to a breaking point a few months ago. A death in the family, a pending move, and normal life raising 5 kids caught up with me. I had been stressed and longing for escape. Through a series of events it became clear to me...

### **My escape had become a burden.**

Instead of relieving anxiety, my phone became the source of stress. Instead of refreshment and relaxation, it sucked my time and energy. The habit I started casually to help had started to seriously hurt.

### **It was time for a change.**

The questions, exercises, and tips in this workbook come from my own experience and journey towards living life fully in the present. On the path to interacting with those who are right in front of my face, not behind a device.

It is a tough journey away from digital dependence into physical reality, but it is so exhilarating and very very worth it.

May this workbook help you dig deep into the life you have in front of you. That it teaches you to embrace the season of life you're in and not waste precious moments with those you love because of a digital dependence.



**You can find freedom.** I hope this helps.

Rachel Norman,  
Founder of A Mother Far From Home

# Digital Undependence

I, \_\_\_\_\_, commit to exploring my reasons for digital dependence. I will be real with myself, throw off false guilt and shame, and seek to get to the root of my desire for escape.

I will work hard to establish healthy habits that make me proud. I will commit to doing a little better each day, not seeking perfection, but going after longer stretches of digital freedom.

It will be hard, but I commit to a lifestyle change that embraces the loved ones right in front of me.

\_\_\_\_\_ Day of \_\_\_\_\_, 20\_\_\_\_\_

# THE WHY

## Why I Want to Detox

How do I know I've got some form of digital dependence?

How does this digital dependence make me feel when I think about it?

There are many reasons we begin to overuse devices. Perhaps we passed the time spent nursing babies by scrolling. Maybe we need our phones to complete work tasks. Obviously we use the phone to keep in touch with friends and family.

And, of course, social media.

Before we know it our phones take pride of place in our lives. We don't go anywhere without them and use them at every opportunity.

Soon, we can't sit at a red light, wait for food in a restaurant, or even use the bathroom without checking our phones.

Like a tiny speck of mold that eventually eats up an entire loaf of bread, digital dependence takes over. Here are some of the following insidious ways digital dependence changes us, even down to the level of our brains.

- We stop sitting in silence, resting, and thinking.
- We get information overload. Always something else to see, do, and try.
- We talk less with those around us, including our children and spouses.
- We make less time to be with those we care about because online communication temporarily meets the need for connection.
- We become less satisfied with our own lives as we see other people's highlight reel, edited perfectly, showing us up.

If you've got this workbook in your hands, I know you want to make a change. You want to choose digital independence over the compulsive need to reach for your phone.

You choose memories with your children over the latest Instagram post. You choose calm, simplicity, and real life connection over a digital fix. We'll get to all the practical ways to manage your smart phone use later, but the first few sections are the most important.

Take your time through these first pages and you'll find something surprising. Instead of needing to create a lot of rules for yourself, you'll start craving life instead of your device.

**When you get to that place... victory is around the corner.**

# Digging Deeper

**What do I feel I'm missing out on because of this dependence?**

**Can I pinpoint a time of season when this got out of hand?**

**Do my kids sense that I am tethered to my phone?**

# Looking Forward

**Why does this over-attention to my smart phone go against my values?**

**What do healthy digital habits look like?**

**How will life be different when I've gotten a handle on this digital dependence?**

# The WHAT

## What Leads me to be a Chronic Phone Checker

You may realize you spend too much time on your digital devices, but what is happening - moment to moment- to get you there? In this section I want you to get to the root of why you reach for your device. Why you choose the phone over your friends or family. Why you feel like scrolling will soothe your stress or anxiety. And why connecting on social media seems like it'll stop the loneliness.

**What is happening when I feel the need to scroll, surf, or Netflix?**

**What are my kids doing while I'm on digital media?**

**What time of day am I most likely to reach for a digital device?**

**Morning:**

**Afternoon:**

**Evening:**

**What am I most likely to look at on my digital device?**

**1-**

**2-**

**3-**

**What am I avoiding intentionally or not - by grabbing a device?**

**What usually pulls me back away from my digital device?**

**What do I feel like an extended time on my device?**

**What do I feel I should be doing instead of scrolling or watching Netflix?**

# The HOW

## Purposefully Deciding How I'll use my Phone

The fact is, we are now dependent on our digital devices. Not only do we use them to communicate to loved ones, but also to be ready in case of an emergency (babysitters!) or for work (boss needs something!). Our freedom can feel more and more limited as we realize just how dependent we are on our devices, moment to moment.

Think about how you can make yourself less dependent on your phone. Do you need to buy a watch? An alarm clock? Do you need to put an auto-responder on your email so people don't expect an immediate response? Let's unravel our dependence, one thing at a time.

**How do I need my phone throughout the day?**

**What do I need to buy so I'm not tethered to my phone?**

# Morning & Night... Where Is My Device?

Productivity experts now agree, we shouldn't check our email or phones before we've completed our morning routine. By checking our phones before we've gotten out of bed, we fill our minds with information and stimulation that prevent us from remaining calm and focused on our own households.

Additionally, research shows that using a screen immediately prior to bed decreases quality of sleep. Having strict boundaries around phone use in the early morning and before bed will go a long way in creating the separation that brings digital independence.

**When will be the first time I use my phone in the morning?**

**When will be the last time I use my phone in the evening?**

**Can I choose a time?**

**Can I set an alarm?**

# The HOW

## Practical Strategies for Digital Undependence

Part of the reason we're tethered to our phones is because we want to be available for others. In fact, some of us feel as though it's our duty to answer texts and calls as they come in. We worry others will think we are irresponsible or lazy if our response is delayed. In fact, the opposite is true.

Being disciplined in how we use our devices will bless us, our families, and those with whom we are in contact. If we need to reset expectations others might have of us, that is okay.

**How does it make you feel if you think people can't reach you immediately?**

**Why do I think I need to be there on others' timelines?**

**How can I still be a responsive friend/family member with out always being available?**

Explore this idea more...

***Every journey begins with a single step.***

- Lao Tzu

If you've come this far, you are making excellent ground. You've probably noticed your desire to use your digital device has lessened. Perhaps you still reach for your phone without thinking, but you're ready to get rid of unhelpful habits and start new ones.

Digital Undependence is not about complete abstinence or legalism. Digital undependence is about moderation with our devices so we are in control of our habits.

So our actions match our priorities.

***Present means we understand that the here and now is sacred, sacramental, threaded through with divinity even in its plainness. Especially in its plainness.***

- Shauna Niequist

The next pages are dedicated to giving you practical ways to monitor your digital use. You can choose to do them all or even one at a time. You can go cold turkey and make major changes in one day or you can go little by little.

The goal is not perfection. The end goal is not that you can go 24 full hours without looking at a screen.

The goal is that, more and more, you are choosing real life over digital life.

**If you don't need your GPS, start turning off your phone while driving and put it on the passenger floor.**

**Set timer for 10 minutes sit in silence without book or phone?**

**Take all notifications off phone. No emails, messages, comments or mentions.**

**Keep charger in common area, not by bed. Turn phone off by 8 or 9 PM.**

**When you want to scroll, set a timer for a short period of time (15 minutes or less) and put phone down after.**

**Don't turn on any device until you're up, dressed, had breakfast and prepped yourself for the day.**

**This week, schedule a time to do something you've never done.**

(e.g. horseback riding, volunteering, hiking, taking lessons in something, planting a garden, etc.)

**When overcome with the desire to rant, overshare, or complain on social media. Call a friend or family member in real life and share your heart.**

**Turn your phone on airplane mode until you are ready to check messages or email.**

**Buy a watch and alarm clock and stop using phone to wake up and tell time.**

**Google "Apps to help stop smart phone addiction" and use one that will help you meet your goals.**

**Do not keep your phone near you or in your pocket. Put it in a designated spot (not the common area) and check it every few hours if need me.**

# Social Media Undependence

*It is better to be loved than admired. It is better to be truly known and seen and taken care of by a small tribe than adored by strangers who think they know you in a meaningful way."*

- Shauna Niequist

If we have friends in our area, it's important we see them. Social connectedness is one of the biggest indicators of a high quality of life.

Do you have friends?

Do you see your friends?

Can you be real with your friends?

If the answer is yes to these, you are more likely to be happy. If you answer no to any of these (or all) then times are tough. Social media connection can help us feel less alone, but social media will not give us a shoulder to cry on, a few hours of babysitting, or a meal when we're hungry.

Research unanimously shows that the amount of time spent on social media is directly related to anxiety, depression, and even suicide.

Instead of signing on social media and feeling connected, we end up feeling discontent, not good enough, and stressed. We see everyone else's expensive vacation, perfect photographs, and uber tidy houses and we wonder how on earth they get it all done. But we don't see behind the scenes.

## Facebook, Instagram, Pinterest OH MY!

**When you go to social media, what are you looking for, exactly?**

**Do you personally know many of the people you follow? If not, are you being encouraged or inspired in a certain way?**

**Are there certain pages or accounts that cause you to feel less than, jealous or discontent?**

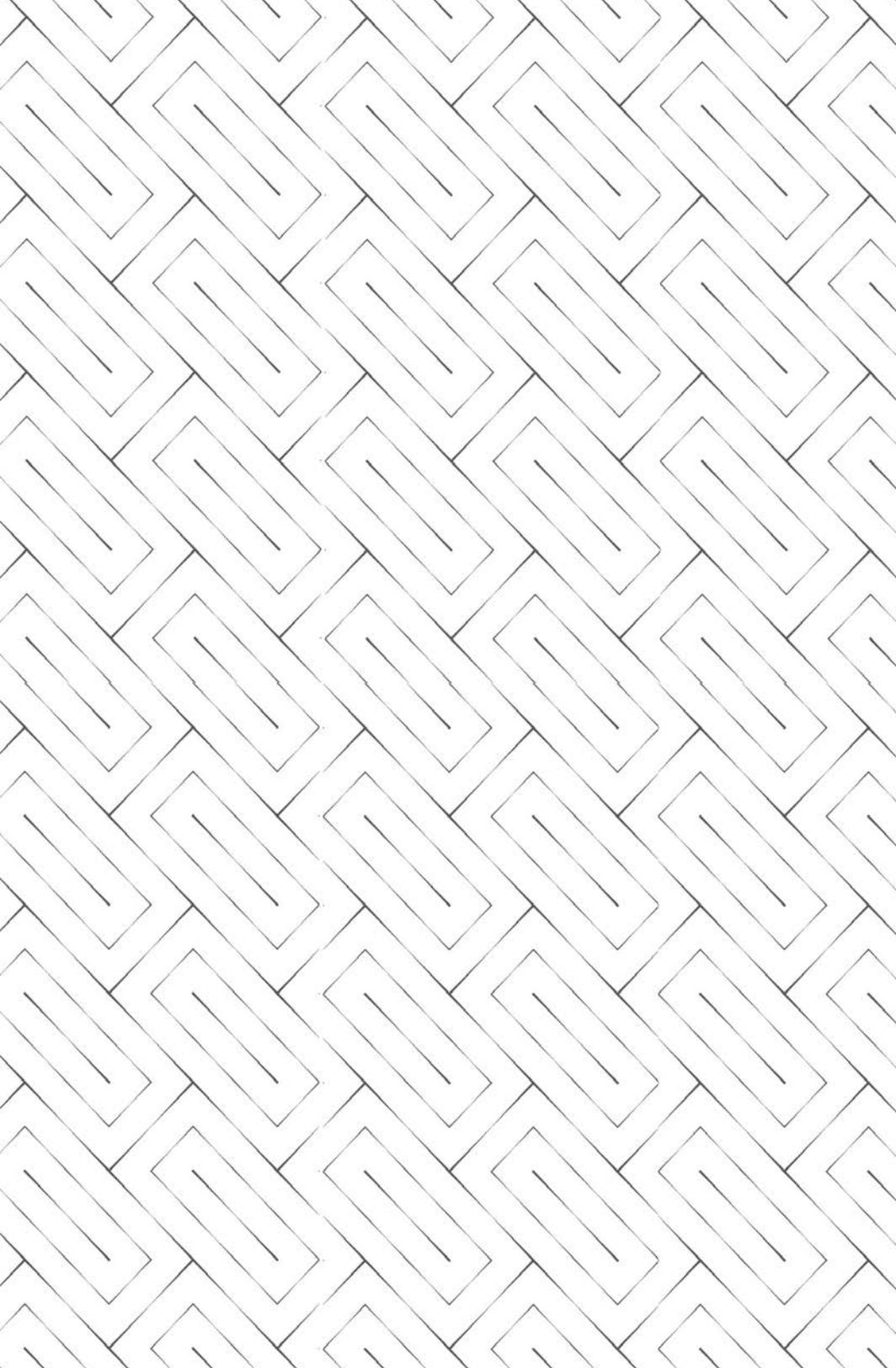
# Social Media Inventory & Clean Out

One powerful thing you can do today - right after you finish this page - is to go through the social media channels you follow and do a clean out. Unfollow, unfriend, and unlike the accounts that cause you to feel less than and not good enough.

Take a minute to think of the people, pages and accounts that cause you to feel dissatisfied in your own life.

While it's an amazing thing to have home, fashion, and parenting inspiration at our fingertips, it can also be overwhelming. A social media clean out will help you feel immediately lighter and more content with your own life.

Go through your social media accounts TODAY and unfriend/unfollow those that are bringing you down.



# Bonus Section

## Screen Time Boundaries for Kids.

We've all heard the stats.

- 36% of children have a TV in their bedroom.
- 8-18 year olds consume an average of 7 hours on screens.
- 29% of babies are watching TV or videos for 90 minutes a day.

Screens are everywhere, they are convenient, and they can settle down hyper children in a flash. But they also have negative consequences for little ones. The research is unanimous.

- Screen time length directly correlates to childhood obesity.
- Screen times negatively affect sleep patterns.
- Screen time is linked to speech delay and under mines learning.

It's tempting to use screen time to get some peace and quiet. Doing this occasionally is not harmful, but using devices as babysitters, pacifiers, or rewards can have negative effects that are hard to combat.

Use the following tips or rules of thumbs to establish healthy boundaries relating to digital devices for your own children.

**What types of screens does my child currently use, and where does he/she use them?**

**How often in the past week has my child had screen time? (In Hours)**

**If I do a deep gut check am I okay with this amount of time?**

**What type of apps/activities does my child like to do?**

# After

What type of apps/activities does my child like to do? One of the keys to having successful screen time boundaries is when you allow your child permission to use a device. A good rule of thumb?

Only allow screen time after your child has completed their chores, played outside, done homework, read a book, and played with his or her siblings. Don't let the screen become the default, let it be the extra.

You'll find the less you allow your child to use digital devices the less they'll request it. They'll learn to fill their time using their imagination, playing with siblings and friends, and getting busy living life offline.

This is the goal.

**Right now, gather all screens to you and put security passwords logins or (even better) fingerprint access so kids can only get on with permission.**

**Decide clear rules. screen time only after... When kids ask for screen time, point them to the rules.**

**Always have an end time when your child is using a device. Tell them the end time when they start so there's no surprises...**

**Designate a public area where the kids can use screens. No bedrooms and never behind locked doors. Choose an area you can supervise.**

**Allow no screen time after a certain point in the evening family time only!**

**Do a 1 week screenfree detox. It'll be hard, but make the upcoming month much easier.**

**Talk to children 5 years up about how too much screen time affects the brain and how you want their brain strong.**

**Go through your apps and delete the repetitive mind - numbing apps that have no clear start and end points.**

**Buy a few new and engaging toys for the home. LEGO, building toys or something for outside. Use the new enthusiasm to ease them off frequent screen use.**

**Choose an out of sight locations to store screens. Out of sight, means more likely they'll be out of mind.**

**Go through your apps and delete the repetitive mind - numbing apps that have no clear start and end points.**





# Day 1

the \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_\_

My online/offline balance was:

- too much time online by far
- too much time online but moving in the right direction
- just right

What was happening around me when I reached for my phone?

Was I escaping the chaos, avoiding responsibility, feeling stressed?

How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

# Day 2

the \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_\_

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# Day 9

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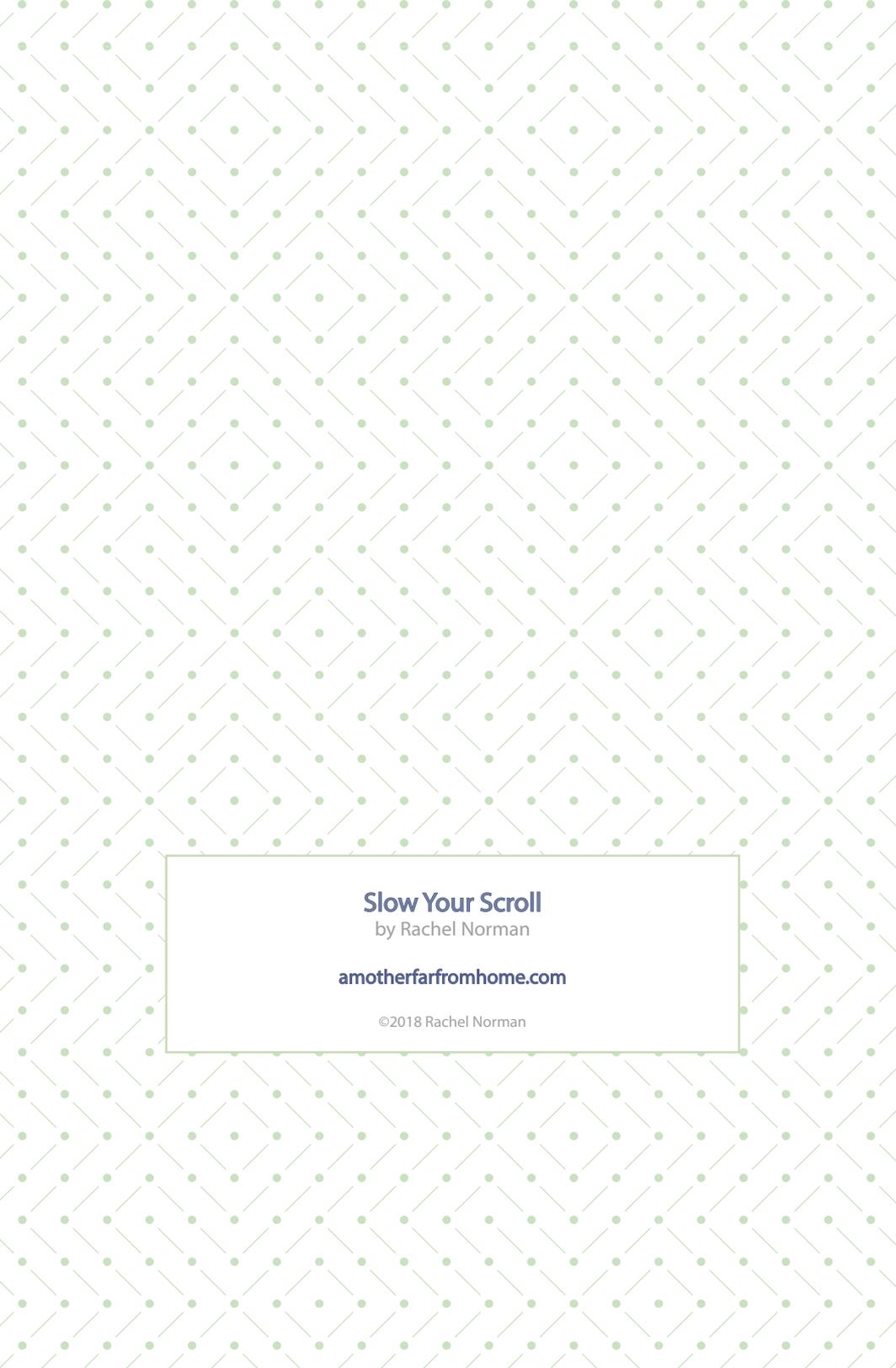
How do I feel emotionally about my relationship with screens today? Do I want to feel differently tomorrow?

Friend,

I hope this workbook helps you dig deep into why you've become digitally dependent. I pray that day to day your desire for present and connected living will overpower any desire to get online.

**It won't be easy, but nothing worthwhile is.**

Rachel Norman  
Founder, A Mother Far From Home



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