

## Healthy Ways to Use Your Internet Devices

We went into digital agency in the last post, and maybe you're thinking it's a good idea, but it's difficult to put into practice. How can we create and maintain a habit of getting health food for our brains first thing in the morning?

There are many ways, and this is not an exhaustive list. It's not even in any particular order. The main thing is to *try it* and see how you feel. If something works well, use it. If not, discard it. Also remember, when you're trying to set a habit, you're breaking another one. It feels weird and uncomfortable. What worked great yesterday might not work at all today, so be kind to yourself and most of all, stay consistent. Small steps are the way to go!

Mr. Rao writes, "When we start the day with health food for the brain, instead of a self imposed handicap, we give ourselves a massive competitive advantage. On the days when I religiously follow through on the 8-step daily routine that allowed me to write multiple books and 100's of articles, my productivity goes through the roof, flow happens effortlessly, and I end up doing a lot of deep work. The idea for this article was actually the result of giving my brain some health food to start the day."

How can we get to this level of digital agency, where we can use our devices and not have them use us? Small steps!



<https://5amjoel.com/small-steps-big-goals/>

Here's a list, in no particular order:

- Stop using your phone as an alarm clock
- Take a 10-second breath (in and out) when you first sit up
- Stretch - this can be as simple or elaborate as you like
- Meditate/think for a minute or more
- Start a writing journal
- Go through your morning routine without your phone/device
- Look at your phone only when you've finished your morning routine (it can be a reward, at least at first, until you get used to doing things without your phone)
- Grab your phone only when you get into your car
  - If you do this, plan a little extra time, as you'll be sorely tempted to sit there and "catch up"

Small. Steps. You can even rest on a landing!



<https://publicdomainvectors.org/en/free-clipart/Stairs-in-the-house/85656.html>

## References

Rao, Srinivas. (2017). Starting Your Day on the Internet Is Damaging Your Brain. Republished with permission on Pocket Worthy Website: [https://getpocket.com/explore/item/starting-your-day-on-the-internet-is-damaging-your-brain?utm\\_source=pocket-newtab](https://getpocket.com/explore/item/starting-your-day-on-the-internet-is-damaging-your-brain?utm_source=pocket-newtab).