

Disconnecting from the Screen Resource List

- Listen to Ep.4: Virtually Addicted from What Were You Thinking in Podcasts.
<https://itunes.apple.com/us/podcast/what-were-you-thinking/id1317318182?mt=2&i=1000408835089>
- Are you addicted to your cell phone:
<https://www.psychologytoday.com/blog/mental-mishaps/201303/are-you-addicted-your-cell-phone>
- Phone Addictions Examined: <http://www.medicaldaily.com/technology-addiction-warning-signs-cell-phone-addict-247344>
- How to Kick Habits: <http://theweek.com/articles/688639/5-sciencebacked-ways-break-phone-addiction>
- Benefits to being bored:
 - Article: <https://www.independent.co.uk/news/science/6-scientific-benefits-of-being-bored-a6839306.html>
 - Ted Talk:
https://www.ted.com/talks/manoush_zomorodi_how_boredom_can_lead_to_your_most_brilliant_ideas?language=en
 - Board and Brilliant
- How Reading News Hurts You:
<https://www.theguardian.com/media/2013/apr/12/news-is-bad-rolf-dobelli>
- Forest Bathing: <http://time.com/5259602/japanese-forest-bathing/>
- Best Apps for Kicking Phone Addiction:
<https://www.theguardian.com/technology/2018/jan/27/mobile-phone-addiction-apps-break-the-habit-take-back-control>
- Minimalist PHones: <https://www.youtube.com/watch?v=dCteIT8kvuw>
- Dr. Gloria Mark: Dr. Gloria Mark: <https://www.inc.com/linda-naiman/swiping-boredom-away-may-be-killing-your-creativity.html>
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