**SAMPLE CONTENT THAT CAN BE USED IN PUBLICATIONS:**

**New book can teach you how to boost happiness... *with your smartphone*.**

Technology has changed our lives dramatically. Through our smartphones and other devices, we have access to near-infinite amounts of information, tools to help us increase productivity, and even ways to socialize when we’re all alone. But has any of this made us happy?

Research suggests the answer is complicated. In fact, our smartphones (and other devices) [just might be hurting our happiness](https://deepblue.lib.umich.edu/bitstream/handle/2027.42/136039/sipr12033_am.pdf?sequence=2&isAllowed=y). Maybe smartphone notifications distract us from staying present in the moment and enjoying the people we’re with. Maybe Netflix binging keeps us from getting restful sleep. Or maybe social media convinces us that we’re not good enough, not natter what we do. Some people now believe that it is at least in part due to technology that [we are more depressed](https://www.researchgate.net/profile/Jean_Twenge/publication/12189974_The_age_of_anxiety_Birth_cohort_change_in_anxiety_and_neuroticism_1952-1993_Journal_of_Personality_and_Social_Psychology_79_1007-1021/links/554b9ee60cf21ed21359ccf0.pdf) and [lonelier](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5598785/) than ever.

So what can we do? Do we all have to throw our smartphones into the ocean and go cold turkey? Not necessarily. Instead of using our smartphones in ways that hurt happiness, we can learn to use them in ways that generate happiness. In the new book*,* [*Outsmart Your Smartphone: Conscious Tech Habits for Finding Happiness, Balance, and Connection IRL*](https://www.amazon.com/Outsmart-Your-Smartphone-Conscious-Connection/dp/1684033497/), Dr. Tchiki Davis explains how to build happiness in the digital age… without throwing away your phone.

Here are some tips from the book to help you outsmart your smartphone:

1. Take the [28-Day Challenge to Outsmart Your Smartphone](https://www.berkeleywellbeing.com/smartphone-challenge.html).
   * The challenge provides easy activities each day to help you learn tricks for having a healthier relationship with your phone.
2. Note *WHY* you want to build your happiness.
   * E.g., make a note on your phone or a sticky. This can increase motivation because it reminds you to act in ways that are consistent with your goals.
3. Schedule a regular time in your Google Calendar to work on your happiness or wellness goals.
   * This is just one way to use your phone to help you stay on track with any of your wellness goals.
4. Pay attention to sights, sounds, smells, and tastes… without snapping a photo.
   * This keeps you from thinking about how others will see your experience and keeps you rooted in the present moment.
5. Go for a walk… without your phone.
   * Setting aside this time and space can ensure you have uninterrupted time to with yourself to be present.
6. Designate “No-Tech” days or locations.
   * For example, don’t allow your phone in the bedroom or don’t use it on Saturdays. Having rules set for where your phone is allowed can help prevent it from intruding on all of your moments.
7. Have “casual connections”—connections with someone you don’t already know.
   * Research shows that even quick chats with a barista, cashier, or stranger on the street can boost happiness.
8. Take “friendies” instead of selfies.
   * Focusing your attention on how others experience the world can often bring more joy than focusing on yourself (which can heighten negative emotions).
9. Create “prosocial posts”—posts that offer something kind, helpful, or supportive to others.
   * This could be jokes, videos, recipes, events, etc… Anything that others could benefit from.
10. Write yourself compassionate notes.
    * If you set a reminder on your phone or email to automatically deliver yourself kind notes, you’ve just turned your phone into a happiness-building device.
11. Practice gratitude on and offline.
    * For example, by sending a text to say thanks when a friend does something funny, nice, or kind, you can strengthen your gratitude skills.
12. Search for silver linings (or the good things in otherwise bad situations).
    * If you make a habit to look for silver linings both on and offline, you’ll start to see them all over the place.
13. Find a way to contribute to something you care about on or offline.
    * Giving time or money to causes you believe in can give you a greater sense of meaning.
14. Share your whole self on and offline.
    * Revealing your flaws or quirks can help ***you*** accept and appreciate your whole self. Over time, this can help improve confidence and self-worth.

By implementing these strategies, you’ll ensure your smartphones doesn’t outsmart you and put yourself on the right track for long-term happiness, even in this screen-obsessed world.