

Gaming and digital habits

Make Digital Time Work for Your Day

Adults and teens 13+ | 10 to 15 minutes

Gaming and digital activities can provide enjoyment, connection, and rest. Sometimes they also compete with sleep, relationships, or responsibilities. Start with the effect on your life rather than judging an activity by time alone. You can value it and still want a change.

Choose one recent situation involving a game, app, or device. Identify what you want to keep and one change you are willing to try.

Keep the benefits in view

Name what the activity provides, such as friendship, challenge, belonging, or a break. Then notice a specific cost or conflict. Both can be true; the aim is a useful choice rather than a verdict about your character.

Choose one workable adjustment

Consider a planned stopping point, one notification change, or an agreement before joining a game. Protect essential communication and access needs. Review what happened instead of treating an imperfect trial as failure.

1. What does this digital activity give me that I want to preserve?**2. What specific need or responsibility is being crowded out, if any?****3. What small change could I try while keeping important connection and access?****4. What will I notice afterward to decide whether to keep or adjust that change?****Clinical use and adaptation**

Do not diagnose a disorder from gaming hours or family disagreement alone. Explore sustained impairment, mood, sleep, neurodevelopmental needs, and context through appropriate assessment. For young people, negotiate expectations with safe caregivers without punitive blanket disconnection. Persistent difficulty controlling use and significant impact warrant qualified support.