

# 6 Reasons to Put Your Phone Away



by @Inner\_Drive  
www.innerdrive.co.uk



## Lowers Concentration

Having your phone out while doing homework or revision has been shown to reduce performance by 20%.



## Increases FOMO

Fear of Missing Out (FOMO), or the compulsive need to know what others are doing, leads to worse moods and increased anxiety.



## Increases Stress and Anxiety

Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.



## Warp's Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.



## Reduces Memory

Instant messages are distracting, which often leads to forgetfulness



## Makes You Sleep Worse

Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.