



Contact

If you are struggling with any aspect of your mental health, you can reach out to wellbeing services in any of the following ways:



01392 724381



wellbeing@exeter.ac.uk

How to manage your smartphone use



Most of us use our smartphones to engage in almost all aspects of life, making it difficult to be without it.

We know from research that our mental health and wellbeing are influenced by our digital diet and too much time spent on a smartphone can easily affect them negatively.

Facts*

- 72% of smartphone-dependent individuals reported symptoms of anxiety or depression in Q1 2025.
- Over 1.58 billion people globally are estimated to experience some level of smartphone addiction.
- 54% of teenagers admit to spending too much time on their phones.
- 56% of teenagers feel lonely, anxious, or upset without their phones.
- Over 50% of teens who use their phones after midnight report feelings of sadness, irritability, or lack of energy the next morning.

*Figures taken from

<https://sqmagazine.co.uk/smartphone-addiction-statistics/>

<https://financesonline.com/smartphone-addiction-statistics/>

Signs of Smartphone Overuse

Loss of time and procrastination
Stress of trying to stay available
Sleep deprivation
Emotional withdrawal
Inability to control smartphone use
Increased sense of loneliness
Skipping studies, hobbies, or social events to be on social media
Attention and focus problems
Poor academic performance

Do you recognise these signs? If so then try out our tips on the next page to help

Tips for healthy smartphone use

- Unfollow accounts that affect your mood or create anxiety.
- Prioritise quality over quantity. Instead of passively scrolling, look to focus on meaningfully connecting with others or learning something new.
- Ensure your feeds reflect your values and real interests.
- Delete any time wasting apps
- Try 'batching' Rather than checking messages, social media and emails all day long, set two or three specific times when you handle them all at once



- Keep your phone away from your bed or turn off at night.
- Put your phone away when you study to help avoid distractions.
- Try leaving your phone in a different room when you're at home - don't take it from room to room with you.
- Make use of 'bedtime' and 'focus' settings on your phone to help you stay on track.
- Turn off app notifications.
- Try and set a target for screen time
- Have a break from social media - remove apps from your phone.
- Schedule in screen-free hobbies & time with friends.

For more information on smartphone addiction and a healthy smartphone diet, please contact Professor Sandra Kröger at S.Kroeger@exeter.ac.uk