

Unplug It



Cut out cellphone, computer, or TV usage one hour before bed each day over the next 31 days. Using devices at night can negatively impact your sleep and daytime alertness. Limit your screen time by opting to hang out with friends and family or read a book instead.



**BlueCross BlueShield
of Western New York**

ABC/Amega

Unplug It

STRESS MANAGEMENT

Days 1–31 (check off as you go)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Name: _____

Source: "101 Challenges: Become the Best You," Tad Mitchell
(WellRight, Inc. 2017).