

Seek purposeful ways to spend your valuable time outside of technology.

Have a specific purpose for using technology, and limit its use when you are bored, lonely, angry, or stressed.



## Be like the Savior.

Give undivided attention to someone when they are talking to you.

Be disciplined. Prioritize personal connection.

Take regular breaks.

Train yourself not to respond immediately to every notification and alert.



# SUPPORTING EACH OTHER

in Our Efforts to Use Media Wisely

March 2021 Liahona: Ministering Principles

