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webinars on media
addiction &
cyberbullying (on
8/10 and
20/11/2025).
See: [www.bosch-
bkk.de/mental](http://www.bosch-bkk.de/mental)

Digital detox

With their wealth of handy features, smartphones have become part and parcel of our everyday lives. However, our well-being can suffer if we use them a lot.

Switch off automatic notifications

Constant push notifications or breaking news immediately draw our attention to our smartphone and tempt us to spend too much time dealing with them. To prevent this, you can switch off notifications for unimportant apps.

Consciously schedule offline periods

It's a good idea to set times and places where you do not use your mobile phone and place your smartphone out of reach, such as at mealtimes. Another useful tip is putting your mobile phone into flight mode or switching it off an hour before going to bed and leaving it like that until a certain time after you wake up.

Scrutinise how you use your smartphone

Sometimes it helps to have hard facts in front of you, such as how often and for how long you use your mobile phone. There are apps that help you to monitor your own habits. After identifying the apps that take up most of your time, we recommend thinking critically about how you use them and, if necessary, removing them directly from your device.

Make smart use of your smartphone

We often don't use our smartphones in a targeted way; instead, we quickly lose ourselves in the countless possibilities they afford us. This is compounded by a feeling that we need to be contactable at all times. Therefore, think about what you really want to achieve through your smartphone.