



Eyes Up! Get your students – and your kids – to put the phone down.

Tools to help Look, Listen, and Live, part of the #EyesUp mission

1. Eyes Up while driving: No excuses
 - **Problem:**
9 people are killed each day in the United States in car crashes involving distracted drivers. These deaths are completely avoidable.
 - **Solution:**
Enable Driving Focus (iPhone)/Driving Mode (Android) and the text autoreply feature. Visit EyesUpRide.com/resources for instructions.
 - **Tips:**
 - i. Do have open discussions about distracted driving. Don't shun.
 - ii. Do ask your driver to put the phone down when you're the passenger. Don't sit in silence and enable it.
 - iii. Do appreciate the liberating feeling of not having notifications. Don't stress because nothing is that important.
2. Eyes Up throughout the day: Intermittent Phone Fasting
 - **Problem:**
We rarely get a break from the noise and distraction from our phones and devices.
 - **Solution:**
Awareness. Introduce periods of time, even brief (10-20 minutes at first), away from your phone. Pair time away with things you actually enjoy doing (playing with your dog, baking cookies, yoga)
 - **Tips:**
 - i. Do write down three things you can realistically do without your phone. Don't choose activities where you'll be tempted to chase down your device and check it.
 - ii. Do make this a regular practice and take stock of how you feel after some time away. Don't worry if it causes stress/anxiety at first.
 - iii. Do bring in accountability with your students and family. Make it a game. Don't let this be a chore. It's positive!
3. Eyes Up in life: Listen to your heart
 - **Problem:**
Our true passions and dreams are often snuffed out by nay-sayers, peers guiding us in the "correct" direction, and our own doubts by what we see in our everyday lives and on our phones.
 - **Solution:**
Reconnect with that inner voice and take conscious steps toward achieving a forgotten goal or dream. Write the goal down in the present tense and put it somewhere easily seen everyday (bathroom mirror, phone wallpaper, bedside table).
 - **Tips:**
 - i. Do write down a goal that is tangible and exciting to *you*. Don't be embarrassed to write it in the present tense. You *are* making it happen.
 - ii. Do have open conversations with students/family about their dreams if they're receptive. Don't force sharing as dreams are fragile in their infancy.
 - iii. Do bring positivity around pursuing paths that are exciting for each individual. Don't get bogged down in the minutia while the connection to one's heart is forming.

See all of Ben's offerings at EyesUpRide.com/speaking