

# RESILIENCY

## Resiliency In The Moment: Disable Notifications



“Turn off all notifications; you should control when you want information, not the reverse.”

- Arianna Huffington

Commit to disabling all, or some, notifications on your phone.

1. Learn how to disable notifications on your phone.
2. Choose which apps you will silence.
3. Resist checking your phone.

Notifications can be fun to receive, but they not only cause stress, but also keep you attached to your phone with the hope that you'll receive one. Disabling all or some notifications, can help ease your mind and give you control over your phone, email, social media, and your life.

**Need more help?** EAP – (314) 747-7490 24-hour, virtual hotline available  
Employee Support Line – (314) 747-7493 8:00 am - 6:30 pm Monday – Friday  
Visit the [BJC COVID-19 site](https://www.bjc.org/covid19) for additional Wellness Resources – [covid19.bjc.org](https://www.bjc.org/covid19)