

# Action for a greener life

## Go screen free at the weekend!

- Swap digital entertainment for the joys of life beyond the screen
- Take advantage of the better weather and explore the outdoors - nature is [good for our health and happiness](#)
- In the UK, adults spend over 4.5 hours a day watching TV or films, and over 2.5 hours on social media\*
- Try these tips to reduce screen time at work:
  - Speak to colleagues face to face instead of emailing
  - Take a short break every hour
  - Go for a lunchtime walk
- Take a break your mobile phone - try these top five [ideas](#).



\*Source: [Institute of Practitioners in Advertising](#) \*\*