

Getting drawn in to excessive screen time? Your phone an attention magnet lately? Scrolling more than you mean to?

M1 Wellness rep, Aggie Forstein, recommends... an app called [Flora](#).

Aggie notes, “This app allows you to set a timer and when you make it to the end of the timer without leaving that screen on your phone you grow a tree for your virtual garden. If you leave the timer before it’s over then the tree dies and you get a tree skeleton. So if you can’t stop looking at your screen for yourself maybe you can to save a tree! And an added benefit is that you can plant a tree with a friend so they have to focus at the same time too – really awesome.”