

How to Have a Better Relationship With Your iPhone

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Quick answer

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The iPhone always looked destined to change the world. There was huge fanfare when it was first announced, and though the early models weren't all that amazing, there was always a sense that the apps would catch up. And catch up, they did. Today, it's possible to do virtually everything on your smartphone; they've become simply part and parcel of everyday existence.

However, it would be wrong to say that everything about smartphones is good. It's all too easy to become addicted and to use it more than really necessary. As such, it's worthwhile checking that you have a good or bad relationship with your device. If it's the latter, then take some of our tips below - and you'll soon have a smartphone that works for you, not against you.

Customize The Settings

Your phone is going to demand your attention. That's just the nature of the device; Apple wants you to spend as much time as possible using it. To combat the negative side of smartphone ownership, it's a good idea to customize the settings so that you're not subject to the negative aspects. If you've never tweaked your settings before, then now's the time!

So what should you change? Turning down the brightness can help (you don't need your screen to be that bright), as can limiting the number of notifications that come through (Whatsapp notifications are probably necessary; email notifications probably not). Limiting the apps that can access your location to the ones that truly, obviously need to know that information can help you to feel more in control, too.

Upgrade Your Apps

There are a million and one apps out there. But of course, not all are valuable. If you're going to have a good relationship with your phone, then you should seek out the game-changing apps that truly enhance the user's life. There are many that don't! To keep up to date with the latest and greatest apps, take a read of Kubadownload iOS news. You'll notice that you enjoy your smartphone much more - and that your life is enhanced - when you have the best apps downloaded.

Delete Social Media

OK, maybe saying 'Delete Social Media' is a bit much. However, it's worthwhile looking at your relationship with Facebook, Twitter, and Instagram. Studies have shown that it can have a negative impact on a person's mental health, and they also use every trick in the book to keep you on their own platforms.

If you can't let go entirely, look at limiting the amount of time you spend on them. Within a few days, you'll notice that you're happier and calmer - and that you don't miss checking your feed at all.

Conclusion

The smartphone is here to stay. As such, it's unlikely that there'll be any point in the near future when you don't have a smartphone. So it's a good idea to establish some good habits now, so you can make the most of all that your smartphone can add to your life in the future.

References

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