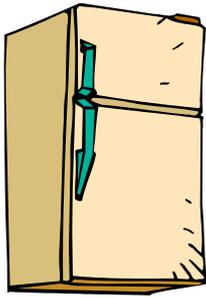
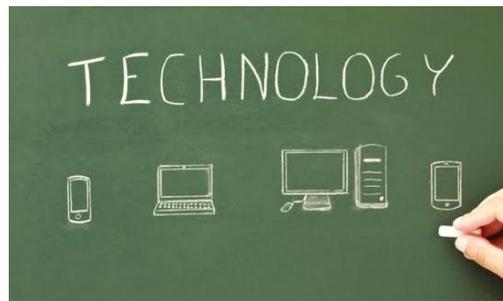


Refrigerator Quote*
Number 5.



Matthew Johnstone: on Detaching from Electronic Devices



Matthew Johnstone is the author and illustrator of various books including:

- ✓ [I had a black dog : His name was depression](#) (2005)
- ✓ [Living with a black dog : How to take care of someone with depression while looking after yourself](#) (2008 - with Ainsley Johnstone)
- ✓ [The big little book of resilience](#) (2015)
- ✓ [The Alphabet of the human heart: The A to Zen of life](#) (2009)
- ✓ [Capturing Mindfulness](#) (2013)

He is quoted in an article "*school of hard knocks*"¹ as saying;

"...our frenzied modern existence makes it much more difficult to be calm, measured, appropriately reflective and mentally hardy. Social media on omnipresent devices makes it difficult to switch off. 'I think when you're constantly busy, your mind's constantly being activated and you're doing stuff it becomes very hard to settle down or to have a quiet mind.' Matthew says 'I live by my computer and my phone is my business but I also know that I need to switch it off every once in a while and try to practice what I preach.' "²

* From a book about grieving# "I call these 'refrigerator quotes' and ask grievors to put the quotation on a refrigerator door so they and members of the family, or friends, will see it. Some participants photocopy the quotes and pass them on. Others carry the quotes in a purse, notebook, or wallet for further reflection. The more they read and ponder a refrigerator quote, the more meaning it offers." (p.11.)

#Borrowed Narratives: Using Biographical and Historical Grief Narratives With the Bereaving by Harold Ivan Smith, published by Routledge Mental Health.

¹ Amanda Keenan, with illustrations by Matthew Johnstone "school of hard knocks" – *West Weekend Magazine* January (24-25 2015), p. 12-14.

² In a similar vein, also worth looking at [Hamlet's BlackBerry: a practical philosophy for building a good life in the digital age](#) by William Powers (2010).