

DIGITAL DETOX TIPS

A digital detox is intentionally taking time and space away from phones, computers, and screens in general. Cultivating a moderate and mindful relationship with your devices can help counteract some of the negative side effects of screen use. Here are some tips to disconnect from your devices and reconnect with what really matters.

- ☐ PUT YOUR PHONE ON SILENT
- ☐ DON'T LOOK AT YOUR PHONE FIRST THING IN THE MORNING
- ☐ MOVE YOUR PHONE OUT OF SIGHT
- ☐ DO NOT USE TECHNOLOGY FOR AN HOUR (OR MORE) A DAY
- ☐ TURN OFF UNNECESSARY NOTIFICATIONS
- ☐ REMOVE SOCIAL MEDIA APPS FOR A DAY
- ☐ CLEAN YOUR ROOM/ORGANIZE
- ☐ USE AN ACTUAL ALARM CLOCK INSTEAD OF YOUR PHONE
- ☐ CREATE A SOCIAL MEDIA HOUR
EX: CHECK SM APPS ONLY BETWEEN 5PM-6PM

- ☐ GET UP AND STRETCH FOR 3 MINUTES
- ☐ HELP SOMEONE IN NEED
(FOOD BANK, A NEIGHBOR, ORGANIZATION)
- ☐ REFRAIN FROM USING PHONE WHILE
WAITING IN LINE
- ☐ HOST A TECH-FREE GAME NIGHT
WITH FRIENDS
- ☐ UNSUBSCRIBE FROM NEWSLETTERS
AND EMAILS
- ☐ UNFOLLOW PEOPLE/ACCOUNTS
WHO DO NOT BRING ANY JOY TO YOU
- ☐ HAVE FUN AND DON'T SHARE ABOUT
IT ON SOCIAL MEDIA
- ☐ CALL A FRIEND INSTEAD OF TEXTING
THEM
- ☐ TAKE 10 DEEP BREATHS INSTEAD OF
SCROLLING
- ☐ PUT YOUR PHONE ON AIRPLANE MODE
WHEN YOU AREN'T USING IT
- ☐ WRITE 3 THINGS YOU ARE GRATEFUL FOR
IN A PAPER JOURNAL
- ☐ TRY A NEW RECIPE USING ONLY A
COOKBOOK
- ☐ HAVE FUN AND DON'T SHARE ABOUT
IT ON SOCIAL MEDIA
- ☐ DON'T TAKE YOUR PHONE TO BED
- ☐ WRITE SOMEONE A HANDWRITTEN
THANK YOU NOTE

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