



DIGITAL DETOX CHALLENGE

Technology has become an integral part of our lives, from daily tasks like paying bills to tracking our health. However, the constant use of screens can have negative effects on our physical and emotional well-being. To combat these effects, a digital detox may be necessary. It doesn't have to be an all-or-nothing approach, as practicing digital mindfulness can help ensure that technology doesn't negatively impact our daily lives.



- 1 Celebrate the start of your detox!
- 2 Delete apps that you do not need
- 3 Keep track of your daily phone usage.
- 4 Replace phone alarm with alarm clock.
- 5 Establish a phone-free zones
- 6 Practice mindfulness for 15 minutes
- 7 Designate Tech-Free Hours
- 8 Turn off push notifications
- 9 Set alarm for social media scrolling
- 10 Buy a physical book to read
- 11 Have a face to face chat with a friend
- 12 Spend 10 minutes of neck stretches
- 13 Start a tech-free hobby
- 14 Choose a spot to stash your phone
- 15 Watch a movie without your phone

- 16 Unfollow 10 social media accounts
- 17 Arrange a tech-free event
- 18 Don't check your phone when you wake
- 19 Take a walk instead
- 20 Swap to a paper planner
- 21 Eat meals without your phone
- 22 Buy a physical book to read
- 23 Have a tech free evening
- 24 15 minutes of deep breathing
- 25 Spend 15 minutes on back stretches
- 26 Listen to the radio instead of playlist
- 27 Try a new recipe from a cookbook
- 28 Make Your Bedroom a No-Tech Zone
- 29 Delete unneeded games from phone
- 30 Write a letter to a family member

The key to staying healthy in our hyperconnected world is adopting sustainable habits around the way we use tech.