

12 Digital Detox Ideas

Celebrate National Day of Unplugging by doing a tech or digital detox from your tech devices. Like your body, your mind needs break the world too.

- ✓ Remove negative or time consuming apps from your phone.
- ✓ Put all tech devices away after 6pm
- ✓ No tech devices on Saturday or Sunday (pick one)
- ✓ Remove your phone charger from next to your bed.
- ✓ Commit to using certain apps on your laptop, not your phone.
- ✓ Separate your phone from your wallet, so you can go places w/o your phone.
- ✓ Remove the TV from your bedroom.
- ✓ Do not bring your phone to the gym.
- ✓ Commit to buying real books.
- ✓ Schedule designated times to check email. (10am, 2pm, 5pm)
- ✓ Go back to a dumb watch, instead of a smart watch.
- ✓ Turn off all push notifications on phones