

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
