

# 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 a break from the world too.

- ✓ Remove negative or time consuming apps from your phone.

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- ✓ Put all tech devices away after 6pm

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- ✓ No tech devices on Saturday or Sunday (pick one)

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- ✓ Remove your phone charger from next to your bed.

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- ✓ Commit to using certain apps on your laptop, not your phone.

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- ✓ Separate your phone from your wallet, so you can go places w/o your phone.

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- ✓ Remove the TV from your bedroom.

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- ✓ Do not bring your phone to the gym.

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- ✓ Commit to buying real books.

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- ✓ Schedule designated times to check email. (10am, 2pm, 5pm)

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- ✓ Go back to a dumb watch, instead of a smart watch.

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- ✓ Turn off all push notifications on phones

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