

# Digital Detox

**Do you check your phone as soon as you wake up in the morning? Are you hunched over your laptop after work? You might be in need of a digital detox.**



By periodically unplugging, you can start reclaiming the real life experiences that our gadgets steal from us. To get into a groove, start by taking baby steps and keep challenging yourself to stay unplugged for longer periods. Here are a few ways to get started:

## Re-learn how to entertain yourself without a screen.

Meditation, without the help of an app, is a great way to clear your head. Refresh your brain by giving it a few moments throughout the day to wander, to take in the surroundings and appreciate where you are in the moment.

## Create a digital sundown.

Bright phone screens can disrupt melatonin production, sleep quality and mood. To help your body achieve the rest it needs, banish your devices from your nightly routine.

## Embrace pen and paper.

Give your brain, eyes, wrists and fingers a much-needed rest. Step away from the screen and go old school with pen and paper every now and then. Make notes, doodle, write a song or start sketching — whatever moves you. Using pen and paper instead of feverishly typing and tapping can help liberate body and soul, giving you a sense of physical and mental freedom the digital world cannot.

## Take a social media break.

Social media may keep us all connected and make us feel a part of the larger community, but it can also become a black hole for our time and attention. If you want to regain more control over your digital life, slash your social media time.

## Hide your smart phone.

We still need our phones in order to make and receive calls, but laying it face-down or covering it can hide those constant notifications, and help you resist the urge to check it.

## 'Watch' the time!

Wearing an old-fashioned wristwatch will give you one less reason to constantly check your phone for the time.

## No Phone Zones

Spend time in places where phone use is frowned upon or not possible, such as yoga class, places of worship, the local pool, or the cinema. None of these activities are compatible with the use of digital devices — so check them out!

## Put it on the calendar.

Make time for periods of digital detox, and write them down as you would any other appointment. Set a nightly electronic sunset time for yourself and stick to it. Commit to a weekly digital detox, then try doing a weekend, completely unplugged. From there, it's just a hop-skip to a week-long digital sabbatical!