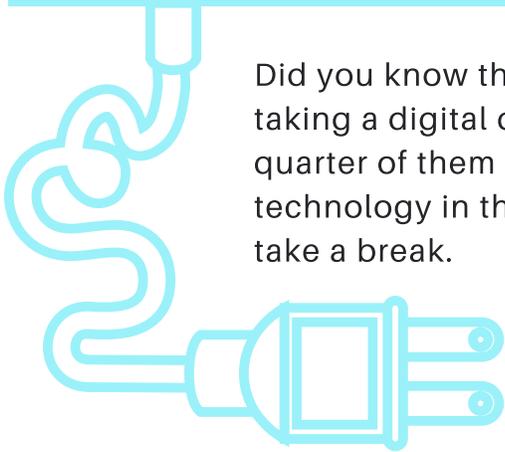

UNPLUG TO PLUG IN



Did you know that nearly two-thirds of Americans believe that taking a digital detox would help their mental health, but only one quarter of them have actually done it? Because we do need to use technology in this modern world, it can be hard to know how to take a break.

Use this tweak as a guide, or [sign up for the 30-day Digital Detox Challenge](#). You can also [view the Digital Detox presentation](#) for more information.

WEEK 1

ASSESS YOUR RELATIONSHIP

WEEK 2

CHANGE YOUR HABITS

WEEK 3

RECLAIM YOUR BRAIN

WEEK 4

START YOUR NEW RELATIONSHIP

• UNPLUG TO PLUG IN •

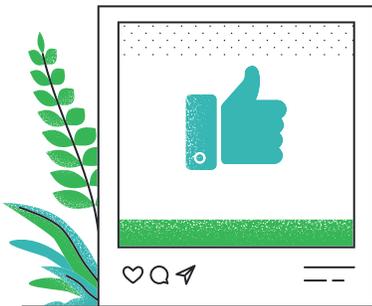
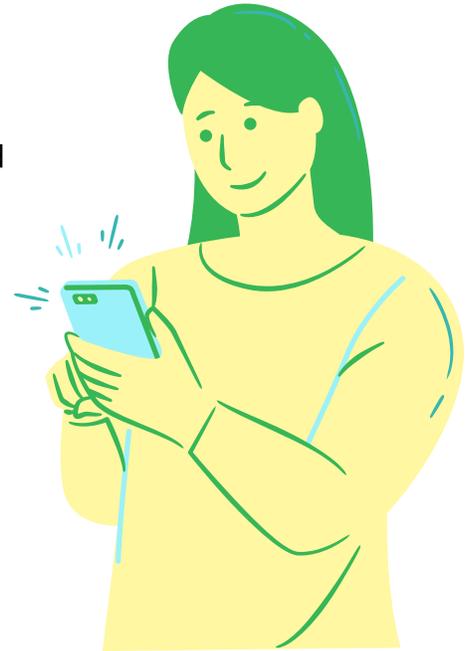
WEEK 1: ASSESS YOUR RELATIONSHIP

Think about what you want your relationship with technology to look like. Ask yourself: **What do I want to pay attention to?** This question will guide you throughout your unplugging journey, and remind you why you want to take a digital detox in the first place.

DOWNLOAD A TRACKING APP

The purpose of downloading a tracking app is to find out how you're really using your phone and other technology. Use your app for at least a week before you start trying to reduce your technology use!

- [How to enable screen time monitoring on iPhone](#)
- [How to enable screen time monitoring on Android](#)
- [Moment for iPhone](#)
- [OFFTIME for Android](#)
- [RescueTime to see how long you spend on websites, syncs with desktops as well](#)



DELETE SOCIAL MEDIA APPS

Research shows that social media makes us unhappy.

In an ideal world, we use social media in moderation to connect with others, but the apps on our phones are designed to suck us in. Remember: this is not an irreversible decision, and you can still check all of your social media channels through your web browser.

TAKE STOCK & TAKE ACTION

At the end of the week, review the results from your tracking app, and notice how many times you picked up your phone, and how much time you spent on it daily. Moving forward, ask yourself the 3 W's when you feel want to check your phone:

What for? What are you doing? Checking email, posting a photo, sending a text?

Why now? Why are you doing this now, instead of later?

What else? What else could you do?

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WEEK 2: CHANGE YOUR HABITS

This week is all about adjusting your life and environment to make decisions ahead of time, so you can avoid things that trigger your habits.

SAY NO TO NOTIFICATIONS

Every time we see push notifications (the ones that pop up on our home and lock screens), our brains want to compulsively check our phones. Every ding and vibration from our phones triggers chemical reactions in our brains that pull us away from what we're doing, usually for someone else's benefit.

- [How to disable notifications on your phone](#)



TIDY YOUR APPS

Delete apps you don't use, and hide your remaining apps in folders. When you need to use a specific app, type it into the search bar instead of swiping through screens to find it, so you aren't tempted by other apps.

STOP PHUBBING

Phone + Snubbing = Phubbing

Any time your phone is taking away from a real-life interaction or experience you're having, that's phubbing. Try to notice it, and try to stop it!

SET BOUNDARIES

No-Phone Zones

A No-Phone Zone is a pre-designated place where phone use is not allowed.

Choose some No-Phone Zones and share with family or roommates. **Ideas:** dinner table, bathroom, bedroom, etc.

Wake-Up & Bedtime

Ideally, you're awake for a least an hour before checking your phone, and you stop checking your phone at least an hour before going to sleep.

This time is for you!

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WEEK 3: RECLAIM YOUR BRAIN

This week, you'll focus on how you can use mindfulness practices to retrain your brain, and strengthen your attention span.

PRACTICE PAUSING

Think about all those times that you reach for your phone to "kill time" - anywhere from 10 seconds to 10 minutes. You might be waiting in a line, standing in an elevator, or sitting at a stoplight. Choose one of these moments to commit to being still instead of checking your phone. **The more time you make to do nothing, the more opportunity there is for creativity.**



STRETCH YOUR ATTENTION SPAN

Devote an amount of time to actively focus on something.

- You can do this while on a walk, focusing on a problem you're working on professionally or personally.
- You can practice math problems or other skills in your head.
- Reading a printed book is another way to improve your attention span.

TRY MINDFULNESS OR MEDITATION

There are countless ways to practice mindfulness and meditation, it's important to find the ways that work for you!

- [GatorCare Meditation Challenge](#)
- [Presentation: Mindfulness and the World Around You](#)
- [18-Minute Guided Meditation](#)
- [Balance App](#)
- [Headspace App](#)
- [Calm App](#)



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WEEK 4: START YOUR NEW RELATIONSHIP

Now that you have a clearer idea of how you use your phone, and how you want to use your phone, this week's purpose is to lock in these changes.

PHAST

Phone + Fast = Phast

Short phone fasts, or "phasts" are good for our emotional and intellectual wellness. Our brains need regular phone-free time to recover and rejuvenate. The point of a phast isn't to punish yourself; the point is to feel good.

- Turn your phone off on Friday when you go to sleep, and give it a wake-up time that's several hours after you wake up on Saturday.
- Choose an activity every weekend that you do without your phone.
- Leave your phone at home when going to a social gathering.
- Turn your phone off during a lunch break.
- Leave your phone at home while running errands.

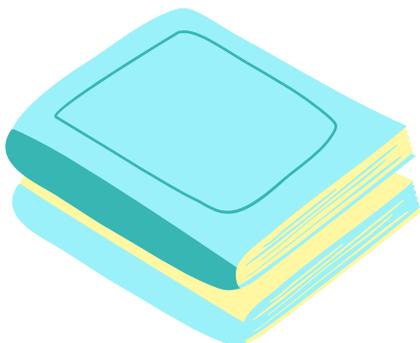


KEEP YOURSELF ON TRACK

Schedule self-checks on your calendar to make sure your relationship with technology is still beneficial to you!

Questions to ask yourself:

- What parts of your relationship with your phone **are going well**?
- What about your relationship with your phone do you **want to change**?
- What are you doing - or could do - to **strengthen your focus**?
- What are your **goals** for the next 30 days?
- What **fun plans** could you make to spend time with the people you care about?
- Have you reinstalled any of the apps that you deleted, let your phone back into your bedroom, or turned notifications back on? If so, does it feel like the **right decision**?
- What do you want to **pay attention** to in your life?



ADDITIONAL RESOURCES

- [How to Break Up with Your Phone by Catherine Price](#)
- [45-Minute Digital Detox Presentation](#)
- [30-Day Digital Detox Challenge](#)