

# DIGITAL DETOX: LESS STRESS, MORE FOCUS

We need technology in our lives, but we also need breaks from it. Let's design your custom digital detox and help you reclaim your focus and peace.

**PART 1: Reflect on your usage: computer, tablet, TV, phone. What does a day in your digital life currently look like?**

MORNING	AFTERNOON	EVENING

**PART 2: What unhealthy digital habits do you currently have? Circle your answers.**

- |   |  |  |   |
|---|--|--|---|
| Always tethered to your phone                                   | Checking your phone too early in the morning / too late at night | Checking or answering emails too often | Excessive social media use and/or scrolling |
| Excessive online shopping                                       | Excessive gaming   | Too much TV watching                   | Consuming too much news                     |
| Generally being on screens too much and not being fully present | Reacting immediately to every phone call, text, or notification  | Other: _____<br>_____<br>_____         |   |

**PART 3: Design your digital detox. This can also be done with or by kids / teens.**

<p><b>STEP 1</b> <b>Focus on a behavior to change.</b></p> <p><i>Example: Scrolling my phone late at night and not getting enough sleep.</i></p>	<p><b>STEP 2</b> <b>Create clear goals.</b></p> <p><i>Example: Digital downtime from 10 pm until 6 am. My phone stays in the kitchen.</i></p>
<p><b>STEP 3</b> <b>Commit to a timeframe.</b></p> <p><i>Example: Two weeks to see the impact on my sleep and energy the next day.</i></p>	<p><b>STEP 4</b> <b>Find an accountability partner.</b></p> <p><i>Example: My partner.</i></p>
<p><b>STEP 5</b> <b>Evaluate your progress.</b></p> <p><i>Example: The first few days were challenging but by day five I was feeling more rested and less anxious. By day 14, I was convinced this is a much healthier way to live.</i></p>	<p><b>STEP 6</b> <b>Stop. Start. Continue.</b></p> <p><i>Example: I will continue with this and now start minimizing the amount of time I mindlessly scroll social media.</i></p>