

# Digital Detox

## Strategies for a successful Digital Detox:

- Turn off all non-essential notifications. You might also like to use the “do not disturb” (or focus on iOS) function at certain times to shut notifications off.
- Log out of, or uninstall social media accounts for 21 days.
- Remove addictive apps from your home screen to avoid being tempted to use them each time you unlock your phone.
- Keep track of your screen time and set a time limit for apps you’re trying to cut down on.
- Find a digital detox buddy and keep each other accountable. Besides providing each other with moral support, you could set each other’s passwords for app time limits so you can’t unlock them yourselves.
- Turn your phone screen to greyscale to make it less attractive and stimulating.
- Leave your phone at home or in a separate room when you don’t need it. Some examples might be when you’re at work, going for a walk, shopping
- Make your bedroom a phone-free zone. This might require getting an alarm clock and setting up a charger in another room.
- **Set Realistic Goals. Some examples are:**
  - For the next 21 days, I’m going to stop watching TV and using my phone by 8pm every weeknight so I can improve my sleep.
  - When I’m with another person over the next 21 days, I’ll leave my phone on silent and in my pocket so it doesn’t distract me from our conversation. I will not get on my phone, no matter what.
  - Set realistic time limits on apps.
  - No online shopping/scrolling for 21 days.
  - I am going to do a complete social media fast for 21 days.
  - I will not use the phone or watch TV in bed.