



Digital Detox

Tips and Tools

A DIGITAL DETOX is a period of time where you intentionally step away from your devices and screens—TV, smartphones, computers, tablets, and social media platforms—to reconnect with the present moment, quiet time, and prioritize ‘being’ over ‘doing’. This could be for half a day, a full day, or longer. Here’s a thoughtful guide to help you:

1. Set Your Intention

Begin by asking yourself why you want to detox. Is it to clear your mind, reconnect with yourself, reduce stress, or take a break from the noise? Your intention will guide you when temptation arises. Write your intention down on a note and post it on the wall where you’ll see it.

2. Daily No-Tech Times

Try designating ‘no-tech times’ during periods of your everyday life: mealtimes, 1-hour before bed, or first thing in the morning, or other times you choose.

3. Set Your Boundaries

Let family, friends, or coworkers know you are off-tech. Put a ‘vacation’ or ‘away’ auto reply on your email account, letting folks know when you’ll be back on. This helps manage expectations and gives you some freedom.

4. Curate Your Environment

Out of sight, out of mind. Put your phone or laptop in another room, or place them in airplane mode during designated detox periods. Cover your TV with a sheet. Place physical objects like books, journals, essential oils, candles, or art supplies as alternatives to scrolling, viewing, ‘checking in’.

5. Replace Digital Habits with Soul-Nourishing Activities

- Light a candle.
- Read a book or a poem.
- Journal your thoughts, reflecting on the moments that truly move you.
- Walk in nature, savoring the world through each sense.
- Practice meditation, breathing, yoga postures, mudras, yoga nidra....
- Create—whether it’s cooking, painting, writing poetry or something else.