



## REFERENCE SHEETS

### DIGITAL DETOX

Just as we examine our dietary health habits, we must also examine our social and emotional health habits. Taking a closer look at our relationship with technology will in turn help us to create healthier patterns of behavior. Many of us have detoxed to help cleanse our physical body. Similarly, digitally detoxing may cleanse our psychological health by evaluating technology's place in our lives.

I challenge your family to take the Digital Detox and encourage you to evaluate your personal relationship with technology. I hope the result will serve as a guide for you to implement a more mindful lifestyle.

# ||. DIGITAL DETOX

## MINDFUL MONDAY

Look up! Pay attention on purpose. Be present in each and every task you do.

- » Make eye contact
- » Smile at passing strangers
- » Notice the beauty around you

## TECH-FREE TUESDAY

Necessary use only! (i.e., work or school assignments). Avoid:

- » Cell phone use
- » Video games
- » Checking emails
- » Social media

## WEB-WITHDRAWAL WEDNESDAY

Avoid the temptation!

- » No online shopping
- » No Facebook browsing
- » No surfing the net

## THOUGHTFUL THURSDAY

Careful, kind communication! Use social media in a positive manner.

- » Send an inspirational quote
- » Share an uplifting story
- » Send a funny video
- » Compliment a friend via social media

\*\*\*\*No self promotion

## FREEDOM FRIDAY

Kick off your weekend free of digital distraction

- » Go to an event and enjoy it for what it is without posting or boasting

## SOCIAL SATURDAY

Take the media out of social!

- » Be fully present in whatever you do
- » Actively participate in conversation
- » Be a good listener
- » Be aware of body language

## SIMPLE SUNDAY

Go "old school"!

- » Play a simple card game
- » Play a board game
- » Reflect on technology's place in your life
- » Use it for all the good it has to offer
- » Implement a healthy balance with technology

