



# 10 SIMPLE STEPS FOR DOING A TECHNOLOGY DETOX



## STEP 1

Turn off push notifications – no constant dinging any more.



## STEP 2

Buy an alarm clock – your phone needs a breather.



## STEP 3

Use airplane mode – during workouts or while eating meals.



## STEP 4

Plan distracting activities – taking walks or cooking.



## STEP 5

Flex your creative muscles off screen – buy an adult colouring book.



## STEP 6

Don't charge devices in the bedroom – fall asleep the old-fashioned way.



## STEP 7

Wear a watch and use it – it can be more than just an accessory.



## STEP 8

Live in the moment, phonefree – keep eye contact during conversations.



## STEP 9

Limit your time on social media – the hours slip away quickly.



## STEP 10

Try disconnecting for an entire day – trust us, you'll be thankful you did.