

10 simple steps *for doing a technology detox*



- 01** | Turn off push notifications
– no constant dinging any more
- 02** | Buy an alarm clock – your phone needs a breather
- 03** | Use airplane mode – during workouts or while eating meals
- 04** | Plan distracting activities – taking walks or cooking
- 05** | Flex your creative muscles off screen
– buy an adult colouring book
- 06** | Don't charge devices in the bedroom
– fall asleep the old-fashioned way
- 07** | Wear a watch and use it – it can be more than just an accessory
- 08** | Live in the moment, phone-free – keep eye contact during conversations
- 09** | Limit your time on social media
– the hours slip away quickly
- 10** | Try disconnecting for an entire day
– trust us, you'll be thankful you did