

Digital Detox

TEN DAY CHALLENGE

PUT YOUR PHONE
DOWN AT MEAL
TIMES

RELAX OR PLAY
OUTSIDE

WRITE A PAGE IN A
JOURNAL

NO PHONE OR DEVICE
45 MINUTES BEFORE
BED

TAKE A NATURE WALK

BREATHE
DEEPLY

PLAY A GAME

PUT YOUR PHONE OR
DEVICE AWAY FOR
ONE HOUR IN THE AM
AND PM

LOOK UP FROM YOUR
PHONE EVERY TIME
YOU ARE SPOKEN TO

PICK AT LEAST
ONE ACTIVITY A
DAY

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EXERCISE

HOW DOES IT
FEEL?