



HEALTH AND WELLBEING CHECKLIST

Date

19

Digital Detox Plan

Reducing screen time can improve mental clarity, reduce stress, and enhance well-being. Use this checklist to plan a successful digital detox.

Set Clear Goals for Your Detox

- Define why you want to reduce screen time and what you hope to achieve.
- Example: "I want to improve sleep and spend more time with family."



Track Your Current Screen Time

- Use apps or phone settings to monitor how much time you spend on devices daily.
- Tip: Look for trends and identify your biggest timewasters.



Choose a Detox Duration

- Decide how long you'll limit screen time—hours each day, a weekend, or longer.
- Example: "No social media after 7 PM for one week."



Establish Screen-Free Zones

- Create spaces where screens aren't allowed, like the dining room or bedroom.
- Tip: Use these areas for reading, conversations, or hobbies.



Plan Offline Activities

- Schedule engaging alternatives like exercise, cooking, or outdoor adventures.
- Example: Replace an hour of scrolling with a walk in the park or Journaling.



Disable Non-Essential Notifications

- Turn off alerts for apps and emails to reduce distractions.
- Tip: Keep notifications on only for critical contacts.





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Use Time-Limiting Apps

- Install tools like Freedom, Forest, or ScreenTime to set limits on app usage.
- Tip: Block access to social media during work hours.



Communicate Your Plan

- Let friends and family know about your detox so they can support you.
- Tip: Set an autoreply for emails or messages explaining your reduced availability.



Reflect on Your Experience

- Journal about how you feel during the detox and any positive changes you notice.
- Example: "I feel more present and less anxious without constant notifications."



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