**Digital Detox Ideas**

1. Turn off all notifications when text messages and emails arrive.

2. Go greyscale. In the settings, you can adjust the digital candy to look less appetizing.

3. Try keeping your home screen to tools only.

4. Launch other apps by tying it in.

5. Keep a tray for cell phones when your family eats together.

6. Assign special alerts for texts you would like to reply to.

7. Lock up your phone (K safe) for a certain time period.

8. Only sign into emails via computer and not phone.

9. No screens at least one hour before bed and no screens in bed.

10. Binge watcher? Limit to not more that two episodes of any series per week.

11. Ask yourself “Does my use of technology match my values?” (with family and friends or in nature?)

12. Allsides.com – news site that covers the top stories with links to one source with political left, one from the right and one from the center. Check once a day.

13. Replace reading news online with listening to news roundup podcast (resist mindless browsing).

14. Limit time to check social media – once a day, week.

15. Use a watch (if you keep checking your phone for the time and then get sucked into rabbit holes of unproductivity).

16. Get a phone that’s not a smartphone.

17. Analyze why and what are you are using on screens and how long.

18. Take a book to the bathroom instead of your phone.

19. Keep phone in “do not disturb” mode by default or use it at night.

20. Pick a time when you are always available to talk on the phone with friends and family (ie., 5:30 pm during your commute).

21. Write an intentional leisure plan (board games, crafts, book clubs, exercise, social/cultural events).

22. Use Facebook for only friends and family. Keep to 150 “friends”. Do not use Facebook for work.

23. Are family and friends asking you to pay attention to them? What are others saying about your tech consumption?

24. Tell your co-workers, friends and family you’re going to reduce tech use and use your “out of office reply.”

25. Respond to emails with short bulleted responses.

26. Organize digital documents, email, in PC.

27. Let clients and staff know about your “office hours” for emails to respond to.

28. Set times to read and respond to email during the day (morning and afternoon). Minimizes distractions and allows focus on most important part of job.

29. Keep phone out of sight when not needed. Turn it off during meals and keep it far away from your bed at night.

30. Discard apps on your phone that you are not using.

31. Chick-fil-A has a “cell phone coop” – each table has a small box to place your cellphone in so that you can enjoy a meal without the distraction of screens and receive a free Chick-fil-A ice cream.

32. Do not answer work-related phone calls, texts or emails when home.

33. Give yourself time on weekend for a “screen sabbatical”.

34. Google Voice is a free telephone service that provides call forwarding and voicemail services, voice and text messaging.

35. Ask co-workers not to call you at home to talk about work.

36. Read Children & Media Tips from the American Academy of Pediatrics, 5-1-2018. Aap.org

37. Create a Family Media Use Plan – healthychildren.org

38. Read *The Art of Screen Time: How Your Family can Balance Digital Media & Real Life*, Anya Kamenetz, 2018.

39. Moment app (screen time control)

40. Read *Digital Minimalism: Choosing a Focused Life in a Noisy World*, Cal Newport, 2019.

41. Life 360: Find Family & Friends app, (monitor smart phones)

42. Netnanny.com – web filtering software for parents

43. kitchensafe.com – locks up cellphones

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Taken in part from *Digital Minimalism: Choosing a Focused Life in a Noisy World,* Cal Newport, 2019.