

Aspirational Challenge: Design Your Digital Detox

Read on for some suggestions to get you to the right level of the detox challenge:

1. **Set an Intention:** Make a goal for yourself this coming weekend proportional to how attached you are to your digital device.
 - If you “never leave home without it”, and that palm-sized computer is always on your person at home, perhaps your first goal is to put the phone in a drawer for an hour each day over the weekend.
 - If you’re not as attached to your device, you may want to do a check-in each morning and then go without it for a full day.
 - The ultimate experiment would be to put your phone into a drawer when you shut down your work on Friday, and not take it out until Sunday evening.
2. **Set Yourself Up for Success:**
 - Create an OOO message (with an emergency phone number... just in case. If you have a landline, include that or a partner, friend, child, parent phone number – again, in case of emergencies!)
 - Close down your computer (or if it’s shared, turn off YOUR alerts and close down your email tab). Hide the phone– out of sight, out of mind.
3. **Face Potential FOMO:** Compulsively checking in and reacting may be second nature for you, and there may be a fear of missing out when you’re unplugged. Meditate on what you’re most worried about. Are you afraid that you’ll miss something or that you won’t be missed, or that you might be forgotten? Twitter and Facebook will still be there when you get back. A weekend break will provide some perspective about these fears.
4. **Enroll Your Support Team:** Share your intention with your friends, family, colleagues and social media connections. By announcing your aspiration outwardly, it makes you accountable. You can also ask loved ones for their help.
5. **Make Your Plan:** Think big and luxuriously about what you’ll do to fill your precious free time.
 - Connecting with nature
 - Reading a book
 - Journaling about a favorite event
 - Coloring!
 - Taking a nap
 - Writing a letter to a beloved relative



6. Keep a Digital Detox Diary: Make a check mark each time or jot a note when you're craving a digital fix. What is the situation? How does it feel? Are you bored? Anxious? If you 'cheat' and peek, write that down, too.
7. Celebrate: No matter what, even if you stash the phone for 30 minutes, give yourself a mental "rock on" for the attempt. When you accomplish your intention, check in with yourself- how do you feel? And give yourself an internal bow. AND, as your oxytocin is flowing, make your next date for a digital detox!

The last word from Kevin about his detox experience: "I felt my nerves softening and my attention span stretching back out. I started to feel human again."

Good luck!