12 WAYS TO DIGITALLY DETOX FOR A HAPPY BALANCE

We've rounded up the best digital detox tips from our tribe. Some are more drastic and others are small habit changes and it's all about finding what works for you.



Face reality

Install screen monitoring apps

How it helps:

- Benchmark and track your usage
- Stay motivated
- Set break reminders or app bans

Remove the need for willpower

Use apps that block you from using your screens or block/ delete apps at certain times

How it helps:

- More effective than willpower
- Emergency calls are still possible
- Choose how extreme you need to be

Get the swear jar out

Place penalties on using screens during detox periods

How it helps:

- Retrain your brain!
- Can encourage camaraderie
- Increase your holiday fund at the very least!

Get active

Replacing bad habits with more rewarding ones is an age-old psychological trick

How it helps:

- A great initial distraction tactic
- Nearly impossible to use your phone
- Extra motivation if tied to team challenges



Recharge whilst charging

Have a no-phone daytime phone charging period

How it helps:

- Everyone's in the same boat
- Encourages conversations
- Easy to make a habit



Set up a personal 000

Let your inner circle know when you're going phone-free

How it helps:

- Sets healthy boundaries
- Reduces pressure to respond
- Less likely to forget to reply



Alexa is your best ally

Use Alexa or Siri to replace your go-to screen resources

Best ways to use them:

- Cooking instructions
- Music searches (and dancing!)
- Those "I wonder if..." moments



Rediscover your fun side at Christmas

Build some of your holiday favourite activities into weekly or monthly routines

How it helps:

- Laughter and shared fun = better connections
- Why limit traditions to the holidays



Create phone-free havens

Ban phones in certain rooms or in living areas at certain times of the day

Cull the curiosity bait

Remove notifications

Helps work productivity

• Puts you in control

How it helps:

How it helps:

- Recreates the "no phone at dinner" mentality
- Be more present with those in the room
- The extra effort = more mindful usage



The ban box

Set specific periods where everyone in your home surrenders their phone

How it helps:

- Creates a common commitment
- Specific goals are easier to stick with
- Great for when you need connection time



Reconnect with nature

Take daily walks outside to step away from the screens

How it helps:

- Benefits mental health & wellbeing
- Better mindset to stay screen-free
- Reminder of what technology can't replace





