

# 10 TIPS TO DIGITAL DETOX

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[WWW.SETMEFREE.COACH](http://WWW.SETMEFREE.COACH)

1. Turn off your notifications. Unfollow and unsubscribe from anything that doesn't bring you joy.

2. Time it. Decide on how long you will be online and set a timer. When time is up, turn your phone off, to airplane mode or hide it.

3. Remove temptation. Set up your surrounds to support you, not sabotage your efforts. Delete your favourite apps, put your phone or computer in another room.

4. Go old school! Wear a watch and use an alarm clock so that you don't need to be attached to your phone all day and night.

5. Prepare. Before you go online, write a list of what you want to do, check or achieve. Use with tip 2 and 3.



6. Sign out. Sign out of every account, every time. This gives you a magic .25 second to take a breath and choose differently!

7. Schedule it. Decide how many times a day you will check your emails or go on social media. Make dates in your diary.

8. Password prompts. Change your passwords to remind you of your priorities and what you'd rather be doing or how you want to live e.g. BeMindful!2016

9. Make better plans. Brainstorm what you could do (that would be fun/pleasant) when you wake up and at night or before bed. Go through who, what, when and where... make it happen!

10. Keep trying. Think of managing your digital life as a work in progress that will always need some attention. Some days will be better than others, tomorrow is a new day.

