

Touch The Grass — Digital Detox Guide

Take Back Control of Your Screen Time

Technology isn't the enemy. The goal is to make sure **you decide when to use your phone instead of your phone deciding for you.**

Small boundaries can make a big difference.

1. Choose One Boundary

Start with something realistic:

- ☐ No phones during meals.
- ☐ No phone while studying.
- ☐ No social media for 30 minutes after waking.
- ☐ No scrolling 30 minutes before bed.
- ☐ One phone-free hour each day.

My boundary: _____

2. Create Phone-Free Zones

Choose places where you want to be fully present:

Dinner table • Bedroom • Study space • Outdoors • Time with friends

My phone-free zone: _____

3. Reduce the Distractions

Turn off unnecessary notifications.

Move social apps off your home screen.

Use app limits.

Keep your phone out of reach when you need to focus.

Make your environment work for you instead of relying on willpower.

4. Stop the Automatic Check

Before unlocking your phone, ask:

"What am I here to do?"

Do that one thing—then put it down.

5. Choose Connection Over Validation

Likes, views, and comments can feel good—but they're not the same as real connection.

Instead of liking their post → **Talk to them.**

Instead of watching their story → **Ask how they're doing.**

Instead of saying "We should hang out" → **Make a plan.**

And remember:

Not every experience needs an audience.

6. Replace the Scroll

When you feel like scrolling out of boredom:

Go outside. Move. Make something. Play music. Walk the dog. Call a friend. Read. Draw. Cook.

Give yourself something to do besides reach for your phone.

7-Day Reset

This week:

- ☐ Turn off unnecessary notifications.
- ☐ Have a phone-free meal.
- ☐ Spend 30 minutes outside without scrolling.
- ☐ Have a face-to-face conversation without checking your phone.
- ☐ Do something you enjoy offline.
- ☐ Put your phone away 30 minutes before bed.
- ☐ Take a two-hour break from social media.

Remember

The goal isn't **zero screen time.**

It's **intentional screen time.**

Protect your attention.
Protect your relationships.
Make room for real life.

TOUCH THE GRASS

LOOK UP. LOG OFF. GO LIVE.