

Switch Off



DIGITAL DETOX
Journal

Switch Off

Hello!

Let me ask you a question: when was the last time you switched everything off and simply sat, purposely switching off from the world? Don't worry if it's been a while!

These days, we live in a world of screens, social media, and information that is instantly available, from pretty much anywhere. This means that, even if we feel like we're relaxing, our brains are constantly on the go. We are always stimulated by some kind of information.

It's time to switch off!

The point of this journal is to get you to switch off for 10-30 minutes everyday for 45 days! You can then record your "switch off" time for reflection and to see how beneficial it has been for you over time

The following pages will provide guidance on utilizing this journal, including the Digital Detox Prep section and the Switch Off journaling.

Enjoy switching off!

DIGITAL DETOX
Journal

HOW TO USE THIS JOURNAL

- Choose a time of day when you're least likely to be disturbed
- Choose a quiet place where you'll be comfortable and relaxed.
- Choose a few things that might make your switch of time nicer.
- Set a timer for between 10-30 minutes (don't watch the clock).
- You might find it hard to switch off to begin with. So, you might like to start with 10 minutes a day and build up over time.
- Take some deep breathes and relax.
- Just sit and take note of how you feel, what you see, and what you notice. You'll probably find you noticed more about yourself and your surroundings during this time.
- Try not to look at any screens, read, watch or listen to anything during this time unless 100% necessary.
- If you need to, listen to calming music. Maybe coloring or doodling might help, too.
- Fill in the journal pages each day to help you reflect.
- Fill in the quick log pages to help keep track of your progress.
- Try and switch off every day for 45 days.

THINGS TO MAKE MY SWITCH OFF NICER

Candles	<input type="checkbox"/>
Cushions	<input type="checkbox"/>
Blankets	<input type="checkbox"/>
Incense	<input type="checkbox"/>
Essential oils	<input type="checkbox"/>
Calming music/sounds	<input type="checkbox"/>
Guided meditations	<input type="checkbox"/>
Nice views	<input type="checkbox"/>
Coloring books/doodle pads	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>



DIGITAL DETOX PREP

1. What will you do to prepare yourself for your detox, so you'll know what to expect?

2. Write your personalized detox plan. Set the rules and duration for your digital detox. Be reasonable for greater success.



DIGITAL DETOX PREP

3. Make a list of every type of notification you get. Then, turn them all off.

4. How will you restrict your access to social media websites?



DIGITAL DETOX PREP

5. Make a list of everyone you want to notify about your detox, so they'll know why you're not posting on social media or responding to emails or texts.

6. What social engagements would you like to plan so that you can reconnect with friends or family while you're detoxing?



DIGITAL DETOX PREP

7. Make alternate plans for things that you usually check your phone for, such as the time. Where will you get a wristwatch - an easy fix to help you keep away from your phone?

8. What books would you be interested in checking out from the library to read while you have extra time? Is there something that you would like to learn about?



DIGITAL DETOX PREP

9. Choose a detox partner. Make a list of the possibilities and go down the list one by one until you find your accountability and support partner.

10. Plan activities or hobbies that you can enjoy with your extra time during your detox.



DIGITAL DETOX PREP

11. What obstacles do you think you're likely to encounter that could stall or derail your detox? How could you overcome these obstacles?



DIGITAL DETOX PREP

Make a plan for dealing with withdrawal symptoms. How will you handle discomfort?
List several options here and on index cards to keep around you and refer to when the symptoms strike.



PREVENTING A RELAPSE

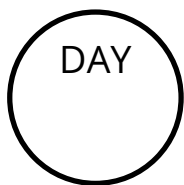
Once your digital detox is complete, how do you plan to limit your digital device or social media use for the long term? Create clear, reasonable rules and stick with them.



QUICK LOG

Date	Time	Place	How I felt





Date: _____

Time: _____

Place: _____

How did you feel before your switch off?

Is there anything worrying/annoying you today?

What was on your mind during your switch off?

What did you hear during
switch off?

What did you notice during
your switch off?

Post switch off brain dump

How do you feel after your switch off?

BENEFITS OF THIS DETOX

Make a list of the benefits that you've received from this detox:

Mental health benefits:

Physical health benefits:

Relationship benefits - reconnecting with friends and family:

Benefits from having more free time:



BENEFITS OF THIS DETOX

Benefits from greater focus and longer attention span:

Productivity benefits:

Enhanced social skills from reconnecting with the “real” world:

