

“Sye SUNDay Detox Tips”

1. **Notify** family and friends/work/colleagues, in advance, that you are unavailable. Send out group texts and messages on your social media sites for your followers. Save the message for future Sye SUNDays.
2. **Affirm** positive thoughts before bed. The energy/thoughts you have before bed will set the tone for the next day. So, be sure to check in with your emotions and adjust accordingly. Write out an affirmation, before bed, on how you see your Sye SUNDay Detox going. Say it out loud, repeat it, believe what your saying, visualize it, and watch it manifest. (Message sysha@sysha.com for help with AFFIRMATIONS)
3. **Prepare** your creative tools. Tune your Musical instruments, have your journals and notebooks ready and have a battery-powered recorder available (Remember, you can't use your phone as a recorder or ANY device with wi-fi), so you are fully prepared to play, write and document those melodies/lyrics when you get into a creative space. Also, prepare reading materials for your Detox. Think ahead about what you want to read about.
4. **Set** your clocks to the right time, the night before, so you don't have to rely on any devices for the time. You may even find yourself completely unconcerned with keeping track of time.
5. **Fast** to enhance your detox experience. This isn't necessary and it's ONLY recommended if you are familiar with fasting. During the week decide what that looks like for you; just Alkaline Foods, Liquids, Raw Foods, Herbal Tea, Water? Make your decision before Sye SUNDay, so you can properly prepare your mind, body and fridge. (Message sysha@sysha.com for help with FASTING)
6. **List** everything you'd like to accomplish on your detox. The night before, revisit your list and make revisions if necessary. When you wake up on Sye SUNDay let yourself go with the flow. It's not about finishing everything on your list or doing everything in a specific order, but more so about being present in all you do. Quality over quantity.
7. **Unplug** your devices the night before and be sure to keep the area you sleep device free. Out of site out of mind.
8. **Rest** adequately the night before, so you will have mental stamina and energy. Proper rest will prevent irritability and ensure an overall pleasant detox. A good night's rest will enhance your ability to learn and have an INNERstanding of all the divine information you'll acquire while detoxing.
9. **Plan** properly by creating a “To Do List” of things to accomplish before Sye SUNDAY. It's easier to enjoy your detox experience when you don't have lingering thoughts of device related tasks like responding to emails or social media messages. Get the work done throughout the week that require the Internet. Research online material throughout the week and or print out certain articles/research documents that you can save to read during the detox. Have a folder, highlighter, notebook, paper, pen, and clipboard available. Also, make an effort to plan on Sye SUNDAY for the week ahead.
10. **Visualize** with a Vision Board/White Board. This is the perfect time to get clear on your goals and visions. Use images and affirmations, to post on your board, for your health, career, personal and family goals. When completed be sure to place everything in a spot that you'll see daily. Put aside time for visualization, even if it's just 1 minute. (Message sysha@sysha.com for help with VISUALIZATION)
11. **Play** Board Games with family. Have your favorite board games, card games or any game you want to learn to play on deck and ready to go. Bring back that ol' school entertainment.
12. **Enjoy** NATURE. Enjoy the nutrients from the SUN. Stay outside as long as you can to stimulate your Melanin. Go hiking, bike riding, take a walk, meditate, put your feet in some sand, watch the ocean waves, feel the breeze on your skin. Take deep breaths, get present and listen to that voice within. Take the day to appreciate NATURE even if it's for 10 minutes. Make an effort to get your loved ones outside with you. You could even do outdoor games, meditation, a bonfire or park day. Get creative!
13. **Decide** the Length and Day of your Detox. You can do Sye SUNDAY ANY day of the week and even for more than one day. (Message sysha@sysha.com for help on the BEST Detox for YOU)

1-3 hour Detox

Suggested for Beginners, if a FULL day without your phone, T.V., and computer seems overwhelming, start here and gradually increase the time off your devices. Power down your wifi and devices the night before and once you wake up keep your phone off for 1-3 hours or until you have completed your a.m. routine. Be patient with yourself. The more you practice staying off your devices the easier it will become to increase the length of your Detox.

Half Day Detox

1st Option: No Devices from the time you wake up until sun down. You're able to use your devices after sunset.
2nd Option: No Devices after Sunset until Bedtime. You're able to use your devices in the daytime.

Full Day Detox

Wifi turned off the night before along with all Devices. All devices stay off from the time you wake up until the next day.

Sye SUNDay can be done any day of the week. Pick a day that works Best for you. You can keep your day as Sunday every week or change it up to fit your work/personal schedule. The goal for Sye SUNDay Detox is to “Go Offline & Get Outside”. The more you practice this the easier it gets. Just start & see how Productive and DIVINE you feel. I KNOW you will want to Continue. We got this! :)