

THE DIGITAL DETOX

A Digital Detox is a short time period where you can put yourself in a place to enjoy other activities without the use of technology. The best use of time would be to spend on your own growth or rest. Focusing on your growth in Christ can be reading scripture, praying, meditating, or times of silence. A practice you have not been able to find the time to work on due to distractions. But it is also fine to use of time to rest, relax, and recharge before heading back into life.

Depending upon your situation you can choose a 1, 2, or 3-day detox. Ensure you are selecting the time period which best suits where you are and what you want to accomplish during the detox. You can use the following suggestions in order, repeat the same day over, or mix them up depending upon your own specific purpose. The overall goal is to simply limit your technology use to achieve a greater purpose.

1 Day Detox

The 1-day detox would be used to go cold turkey and realize life can still be lived abundantly without the use of technology. Plan your one day carefully so you are in a place where you do not need access to technology. This will take some planning, but the end result can be more beneficial. The following activities will be what you will give up on your one-day detox.

- **No Cell Phone** – Ideally you want to be in a position where you would not even have your phone on you. If you can go someplace for a day, leave your phone at home or in your car. If you stay at home then turn your phone off and put it away.
- **No Email** – Turn off, or shut down, your email on your computer for one day. Your messages can wait until you return. Leave an automatic reply in order to inform those you send you messages of your absence.
- **No Social Media** – No posting selfies of your detox, updating your feed, or tweeting about the experience (except afterwards).
- **No Internet** – When you plan your day ensure you do not have the need to do research online. If you are creating content, use the day to read books aligned with your topic.
- **No TV/Cable/Streaming Videos** – No watching anything that has to be “turned on.” You want to eliminate any distraction whose time can be used for more meaningful work or rest.

2 Day Detox

This can be day 2 of a three-day detox or 2 successive days of the same detox. The 2 Day Detox is a more intensive approach to eliminate distractions. If at all possible, attempt to keep the same practices as the 1 Day Detox. But if circumstances are limiting your need to

THE DIGITAL DETOX

communicate, the following are another lighter version. You can use these steps in an attempt to step lightly back into your technology if detoxing over multiple days.

- **Restricted Cell Phone** – You are restricting the use of your cell phone. Turn your notifications off on your phone. Only use for receiving or making phone calls.
- **Restricted Email** – Set a schedule of when you will specifically check and reply to email. If you need to notify others of your plan or create an automatic reply beforehand ensure you are letting people know you will not be checking email.
- **No Social Media** – Still no reason to check your feeds or post.
- **No Internet** – No internet. If you need to get back to work then use internet for specific work purposes only.
- **No TV/Cable/Streaming Videos** – No watching video, TV, or movies.

3 Day Detox

The 3 Day Detox can be looked at as a true trial run of eliminating the time wasted on technology. Again, this can be day three or your third successive day. This would be a short run at attempting to live in more control of your technology instead of it controlling your day. You can also view the following as a day three of stepping back into your real life of tech.

- **Limited Cell Phone** – For a three-day detox allow yourself to use your phone, but just for calls. Turn your notifications off so you are not interrupted unnecessarily in the course of your detox.
- **Limited Email** – Allow yourself to check your email, but do it on a schedule. Pick 3 or 4 times during the day where you open your email and respond to any urgent emails. Then when finished shut down your email to concentrate on what is important.
- **No Social Media** – Hopefully by now you have discovered why you use social media. If you are posting to promote your business, then log on with the intention of posting something intentional. Don't scroll or see what others are up to. Simply respond to anything which you might be tagged, upload your content, and log off.
- **No surfing the internet** – Still no surfing the internet.
- **No TV/Cable/Streaming Videos** – Still no reason to watch videos.