

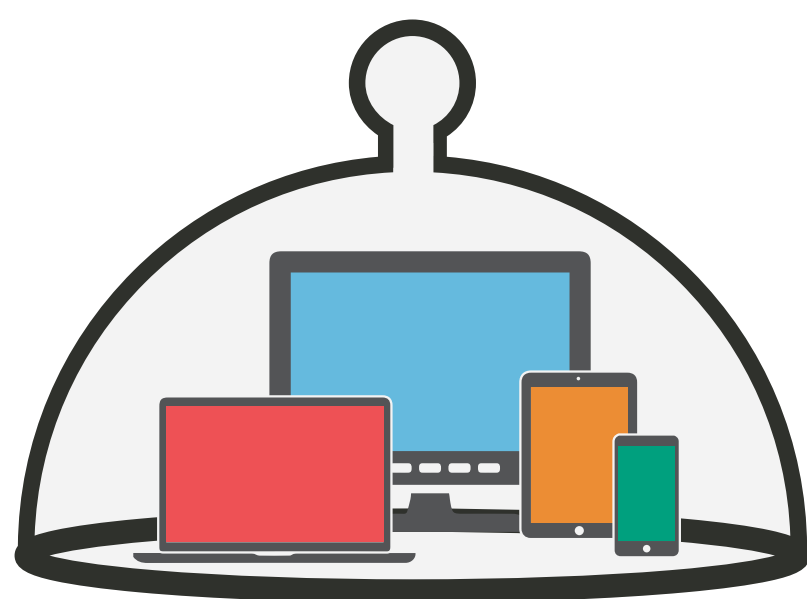
WHAT TO DO WHEN ON A DIGITAL DETOX



Do you remember the last time you “unplugged” for 24 hours? Maybe not, but with the digital world constantly demanding our attention--we need to take time to recharge.

WHAT IS A DIGITAL DETOX?

A digital detox means no screens! That includes...



A detox ideally lasts a minimum of **24 hours**, but you could also build up to **72 hours**

ACTIVITIES FOR YOUR DIGITAL DETOX

You shouldn't just sleep in bed all day! The most enjoyable way to get the most out of your #digitaldetox is to plan ahead.

COOKING

Find your favorite recipe book or ask around in your family for favorites. Cooking has shown to have amazing benefits, such as...



-  Reduce stress
-  Inspire creativity
-  Control what you are putting into your body

EXERCISE

A digital detox is also a great opportunity for a health detox! Time to get into shape and start sweating. If you don't have a gym membership...

- Pull out simple equipment, like a hula hoop!
- Go on a nature walk.
- Try a yoga or spin class (most studios offer the first class free!)



EXPLORE THE CITY

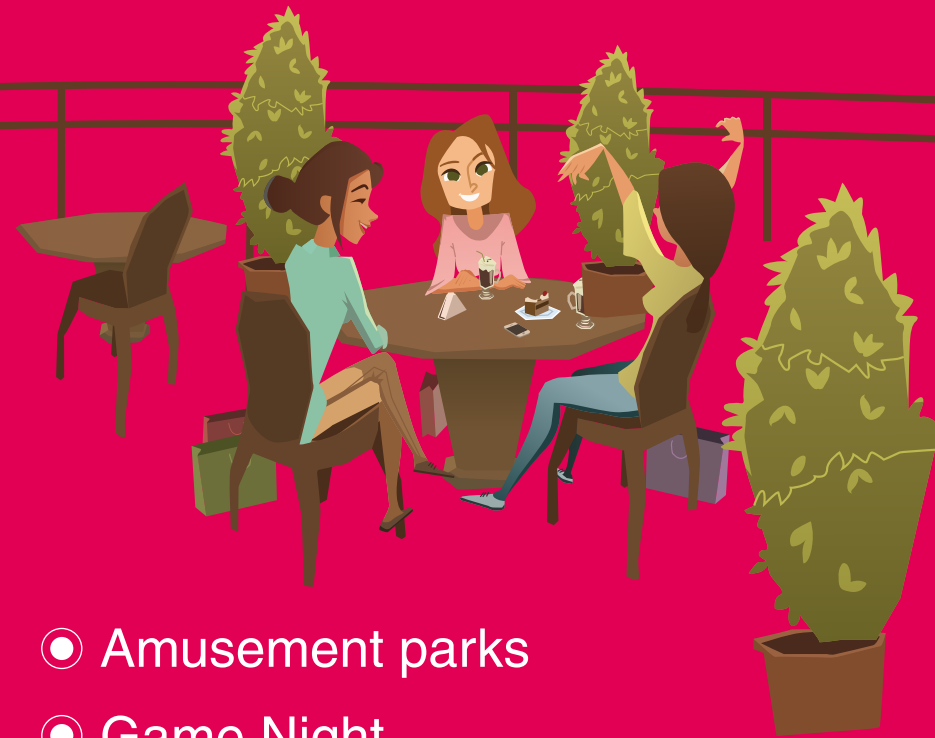
A detox is all about escaping screens, so what better way than to go outside and explore your city?



Most large cities offer **free walking tours** to get to know the history.

SPEND TIME WITH FRIENDS & FAMILY

Just because you are disconnected from screens, doesn't mean you should disconnect from loved ones. Plan time to get together with the people in your life and have fun without taking a selfie!



- Amusement parks
- Game Night
- Lunch or Dinner (or Ice Cream) Date

START A NEW HOBBY

There's no reason not to take this opportunity to learn a new skill! Some great, screen-free ideas...



TAKE UP A CRAFT!

Maybe you can finish that scarf.



LEARN A NEW LANGUAGE

So many books at the library can help!



TAKE UP PIANO!

We also encourage all musical instruments.



*So, what are you waiting for?
Plan your next digital detox and recharge your mind & soul.*

hoopnotica

www.hoopnotica.com

SOURCES:

<https://www.forbes.com/sites/francesbooth/2014/06/13/how-to-do-a-digital-detox/2/#45e3cb5324b7>
<http://www.nydailynews.com/life-style/cooking-therapy-making-meals-helps-reduce-stress-heal-broken-heart-benefits-article-1.206839>