

Digital Detox

RESOURCES



How to break up with your phone – Catherine Price on Amazon

Apps

Forest (iOS and Android) : <https://www.forestapp.cc/en>

Steplock (Android) : <https://play.google.com/store/apps/details?id=com.leoncvlt.steplock>

Dinner Mode (iOS) : <https://apps.apple.com/us/app/dinnermode/id921581588>

Fabulous - Motivate Me (iOS) : <https://itunes.apple.com/gb/app/fabulous-motivate-me/id1203637303?mt=8>

Moment (iOS) : <https://itunes.apple.com/gb/app/moment-reduce-screen-time/id771541926?mt=8>

Offline whilst online

Messenger Bots - manychat.com

Scheduling - Hootsuite, Buffer, PostPlanner, TweetDeck, ContentCal, MeetEdgar, Co-schedule

Chat bots - mobilemonkey.com

Instant Replies – Facebook auto reply

Email – Out of office

Email marketing - [Mailchimp.com](https://mailchimp.com)

Resources

<https://www.techtimeout.co.uk>

<https://www.fsb.org.uk/campaign/covid19>

Trello.com - project management

ToDoist (app) - todoist.com

Passwords - LastPass, Dashlane, Keychain

Paper Planners

Passion Planner - passionplanner.com

Daily Greatness Planner - dailygreatness.co.uk

Leonie Dawson Life or Biz eBook

Erin Condren Planner - erincondren.com

Bullet Journal - bulletjournal.com

20 Day Digital

DETOX



- 01 Go to bed 1 hour earlier
- 02 Journal 10 things grateful for
- 03 Take a walk outdoors
- 04 Call someone you love
- 05 Declutter your bedroom or desk
- 06 Take a social media sabbatical
- 07 Make a list of short term goals
- 08 Make an epic, creative salad
- 09 Slow down, sit and watch a sunset
- 10 Get rid of 5 things you never use
- 11 Enjoy the sun, eat lunch outside
- 12 Unsubscribe from unnecessary emails
- 13 Send an encouraging text to 5 people
- 14 Wake up 30 minutes earlier
- 15 Plan a date with a friend
- 16 Go the entire day without complaining
- 17 Buy yourself flowers
- 18 Make time for breakfast
- 19 Do something you've been putting off
- 20 Don't overthink, practice being present