



Digital Detox & Reboot A 3-Day Plan To Reduce Anxiety



Day 1: Disconnect to Regain Control



Morning

- Don't check phone for the first 30-60 minutes after waking up.
- Drink a glass of water. Sit quietly for 3 minutes with no distractions.
- Write down: "How do I feel now?"



Midday

- Turn off all notifications (except for emergency contacts)

- Do 1 simple activity without techs:
Take a walk, organize a drawer,
stretch.



Evening

- 1 hour of no screens before bed.
- Journal: What stressed me today?
What helped me to feel ok?



Day 2: Rewrite Your Nervous System



Morning

- Wake up and go outside, or sit
near a window,
- Write a “one-sentence intention” for
the day. Example: “I choose peace
today”.



Midday

- Set a 2-hour screen-free zone. No phone, TV, or computer.
- Listen to calming sounds or silence while doing physical task (cleaning, art, walking)



Evening

- Replace screen time with one of these:
 - Read a physical book
 - Do a puzzle or craft
 - Take a warm shower and write out what you're letting go of



Day 3: Reboot With Purpose



• Morning

- Write a short list of tech habits you want to change (example: no phone in bed)
- Say out loud: “My mind is not for constant scrolling. I deserve calm”.



Midday

- Do a 10-minute guided breathing or body scan exercise (audio only)
- Create a new calm: light a candle, stretch, sip-tea- no cell-phone screens involved



Evening

- Final screen-free hour before bed.
- Write a letter to your future self titled: “What I Learned In 3 Days”



Reflection Prompts:

- What surprised me during the detox?
- What made me feel anxious without tech? What made me feel free?
- What boundaries do I want to keep moving forward?