

Digital Detox Guide

Reclaim your time, restore your
calm.

NourisHer_HealthCoach





What Is a Digital Detox?

A digital detox is a deliberate period of time during which you reduce or eliminate screen use.

It allows your nervous system to reset, improves sleep quality, and helps you reconnect with the present moment.

This isn't about rejecting technology — it's about creating a healthier relationship with it.

Signs You Need a Digital Detox

- You reach for your phone first thing in the morning
- You feel anxious when separated from your device
- Screen time is affecting your sleep
- You compare yourself to others online
- You struggle to focus on one task
- You feel mentally drained by the end of the day



5 Steps to Start Your Digital Detox

1. Set clear boundaries

Define specific screen-free hours each day.

2. Create a phone-free zone

Keep devices out of the bedroom and dining table.

3. Replace the habit

Swap scrolling for reading, walking, or journaling.

4. Use a real alarm clock

Remove the excuse to check your phone first thing.

5. Start small

Begin with one hour a day and build from there.





A Screen-Free Daily Routine

Morning

- Wake without your phone
- 10 minutes of stretching or breathwork
- Enjoy breakfast mindfully

Afternoon

- Take a walk without headphones
- Write down 3 things you're grateful for

Evening

- Screens off 1 hour before bed
- Read, journal, or have a conversation
- Reflect on how you feel

A top-down view of a person's hands holding a light green ceramic cup filled with a golden-brown liquid, likely tea. The person is wearing a white, textured knit sweater. The background is a soft, out-of-focus white surface, possibly a blanket or bed. The overall mood is warm and comforting.

You Deserve to Be Present.

Start your detox today. Even one screen-free hour
can change how you feel by the end of the week.

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