



LIVING UNPLUGGED TOOLKIT



Table of Contents

TIPS FOR UNPLUGGING	PG. 3
BENEFITS OF UNPLUGGING	PG. 4
UNPLUG CHALLENGE	PG. 4
UNPLUGGING AT HOME	PG. 5
100 THINGS TO DO UNPLUGGED	PG. 6
UNPLUGGING FROM WORK	PG. 7
UNPLUGGING ON VACATION	PG. 8
7-DAY SMARTPHONE DETOX	PG. 9
SOCIAL MEDIA BREAK - COPY & POST!	PG. 11
PRODUCTS & RESOURCES	PG. 12



TIPS

FOR

UNPLUGGING

While unplugging may not be easy, it can become very important for our individual health and the health of our relationships. Use these four tips as a starting point and explore our toolkit for more ideas. Commit to enjoying some technology-free time. You may be surprised by what you find!

TIP #1

UNPLUG TOGETHER

See if you can get other people in your house, your family, or co-workers to unplug with you. Having the support of others can make it fun, but also create accountability.

TIP #2

Challenge yourself to take a break.

See if you can schedule a full day of being “unplugged.” Can’t do a full day? Start with a few hours and work your way up to a full day.

TIP #3

Set technology-free areas.

Start with one or two specific rooms in your house. You may find an improvement in your sleep if your bedroom is technology-free.

TIP #4

Plan technology-free activities.

Turn off the TV and put phones away at meal times. When you go to an event try and stay off your phone (at least for a portion of the time).

BENEFITS OF UNPLUGGING



**GET MORE
PRODUCTIVE**



**BECOME MORE
MINDFUL**



REDUCE STRESS



**RECONNECT WITH
FAMILY AND FRIENDS**



RELAX YOUR BRAIN



**IMPROVE
SLEEP**

UNPLUG CHALLENGE:

- This week I will limit screen time to 1 hour per day
- This week I will put my phone away 1 hour before bedtime
- This week I will take a break from social media

SIGNATURE: _____

Unplugging

AT HOME

MEAL TIME

without distractions

Family meals are a great time to practice unplugging! Find a space in your home that is just for eating and having conversation - without television or phones nearby.



ENTERTAINMENT

set limits

Technology is a part of life - and sometimes a necessary part of our day. Find a balance by setting limits for yourself and finding unplugged entertainment to fill your down time.

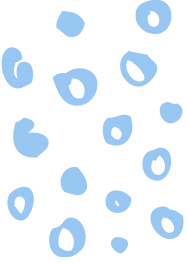
TAKE NOTE

be in the moment

Be intentional about putting down your phone, turning off the TV, and really engaging with the people around you. Notice how it impacts your stress levels and your relationships.



100 THINGS TO DO UNPLUGGED



- Call a friend you haven't talked to for awhile.
- Read a guilty pleasure novel.
- Tidy up your garden.
- Start gathering up extra stuff for a garage sale or thrift store run.
- Write a letter to an elderly family member.
- Go to sleep earlier.
- Invite a friend over for an afternoon of chatting and snacks.
- Assemble extra meals for your freezer.
- Go for a bike ride.
- Write in a journal.
- Put on your favorite music from high school.
- Finish up your craft projects.
- Choose one room in your house to clean, declutter and redecorate using stuff you already own.
- Plant some edible seeds. Don't have a garden? Many veggies such as lettuce and radishes grow well in pots.
- Go see some live entertainment.
- Pick up an instrument and practice, practice, practice.
- Bake a delicious treat to share with your neighbors.
- Go outside with your kids and kick a soccer ball or shoot hoops.
- Send an unexpected gift to a child.
- Pull out your mending pile and bring your wardrobe back to life.
- Put your best sheets on your bed and then take a nap.
- Write down your goals for the summer.
- Offer to babysit for a friend, and then plan some fun screen-free activities for the evening.
- Set up a still life and draw it.
- Drive your car to the fanciest neighborhood in town and go for a walk among the mansions.
- Bring a notebook to a coffee shop and do nothing but doodle to see where your mind goes.
- Bake bread and then relax into the smell.
- Pull out your board games and play into the night.
- Have your neighbors over for an informal potluck.
- Take all your blankets and pillows and build a fort with your kids.
- Set up a lemonade stand.
- Lay a blanket out in your backyard and stargaze.
- Pull out your piles of paper to organize, shred and file.
- Take a long hot bath while listening to your favorite music.
- Go to the library and ask about free activities for adults.
- Pet your dog/cat/guinea pig/unicorn/ferret.
- Take advantage of any sunny days to sit outside and sunbathe.
- Take an old friend out for coffee/wine/dessert.
- Read aloud to your kids, even if they think they're too old for it.
- Go to your favorite thrift shop.
- Put a fresh coat of paint on a tired old piece of furniture.
- Use your gym membership.
- Recreate your favorite restaurant meal at home.
- Visit a museum in your own town.
- Take another nap.
- Find any gift cards you've received and treat yo self.
- Prepare a meal to bring to the parents of young children.
- Pull out your comic books and catch up with Archie or Spiderman.
- Open your windows and air out your house.
- Drive to the country and stop at all farm stands.
- Make your own postcards and mail them to far-flung friends.
- Read an autobiography.
- Attempt creating something crafty.
- Make a flower bouquet from your own garden.
- Hula hoop/jump rope/play hopscotch.
- Go for a hike.
- Wash all your sneakers and shine all your shoes.
- Gather up clothes for a clothes swap with a friend.
- Visit with an older family member.
- Go on a picnic.
- Call a friend who's going through hard times.
- Treat yourself as you would a guest and prepare yourself a sumptuous feast.
- Go window shopping.
- Finish a home improvement project.
- Volunteer at a pet shelter/school/food pantry.
- Go swimming with a friend.
- Go to your local beauty school and treat yourself to a new haircut.
- Declutter and reorganize your closet.
- Buy yourself something completely indulgent from a bakery.
- Go find a local body of water. A river, pond or ocean will restore your spirits.
- Light a fire or candle and pour a glass of wine or hot tea.
- Take a nap in a hammock.
- Write a short story.
- Go to your nearest track and do some poer walking.
- Surprise your family with a fancy dessert on a weeknight.
- Give yourself a manicure or pedicure.
- Go to an author reading at your favorite book store.
- Bust out that deck of cards for an hour or two of gin rummy, poker, solitaire or go fish.
- Do an anonymous good deed for a stranger.
- Find some live music to enjoy.
- Sit at an outdoor cafe and people watch.
- Offer to help a friend for a couple of hours with whatever they need.
- Plan a day trip and explore your own state.
- Dump out one junk drawer and get it clean and organized.
- Borrow a friend's dog and take it for a nice long walk.
- Dedicate one day to all your boring errands to get them over with.
- Trade magazines with a friend, and snuggle up to read them.
- Create something out of Legos.
- Challenge your kids to create their own board games, and then be willing to play the games.
- Plan a date night with your sweetie.
- Take a nature walk in your own neighborhood and take close up photos of the plants and flowers.
- Stare into space and let your mind wander.
- Read the actual newsprint version of your local newspaper.
- Write a letter of appreciation to your mother as a mother's day gift.
- Sign up for a one day class in an area of interest.
- Sleep late on your days off from work.
- Go to a comedy club and laugh your tail off.
- Pour through your cookbooks and find new recipes to try.
- Do things that would normally be outside of your routine.
- Take another nap.



Unplugging

FROM WORK



Do you struggle to leave work at work?

Disconnecting at the end of the workday and on days off helps us return to work with increased creativity, higher job satisfaction, and increased retention rates. Yet many of us struggle to unplug from work - leaving us feeling stressed and discontent.

One reason we feel obligated to stay plugged in - checking emails from home, working on projects outside of work hours, etc. - is anticipatory stress.

This is the anxiety we feel worrying about something that is coming or could come. This fear of something in the future - that may or may not actually happen - robs us of enjoying the present moment.

How can we unplug and stress about work less? Set boundaries, be honest with your team, ask for help, and view relaxation as an investment for you to come back to work energized and at your best.

Unplugging

ON VACATION

BE INTENTIONAL

with technology use

Even vacation can be a tempting time to get sucked into hours of screen-time as we relax and unwind. Think about what you may need your smartphone or other devices for but otherwise plan to unplug. Turn off notifications (especially for work emails) or consider using your phone in airplane mode during parts of your trip.



Top 5 Reasons
people don't unplug

- Need to be reachable for my family at all times
- Want to use device for navigation/trip planning
- Need to use device to access music
- Find it impossible to disconnect
- Want to be able to post on social media



RESIST THE URGE

to post everything

Take pictures! Capture memories! But wait until vacation is over to post your adventures on social media. Or maybe - take off all the pressure and just keep them for yourself.

YOU

CAN

DO

THIS

7-DAY
SMARTPHONE DETOX

We admit having a smart phone is convenient to have and to hold. It captures, receives, sends, entertains, and informs within seconds. It fits in the palm of our hands and nestles in the pockets of our clothes. But we also know how addictive it can be. We challenge you to take this 7-day smartphone detox in order to be more present to life. Overtime, our handheld gadgets will no longer grip our hearts or consume our undivided attention. May this detox help us to be present to those around us and open to the beauty that surrounds us everyday!

MONDAY

- Unfollow people who aren't your real friends, unsubscribe from unwanted email lists, and delete apps you don't use.

TUESDAY

- Turn off push notifications.

WEDNESDAY

- Resist the urge to look at your phone first thing in the morning.

THURSDAY

- Set up a charging station outside of your bedroom, and don't look at your phone an hour before bed.

FRIDAY

- Go out for dinner, and leave your phone at home.

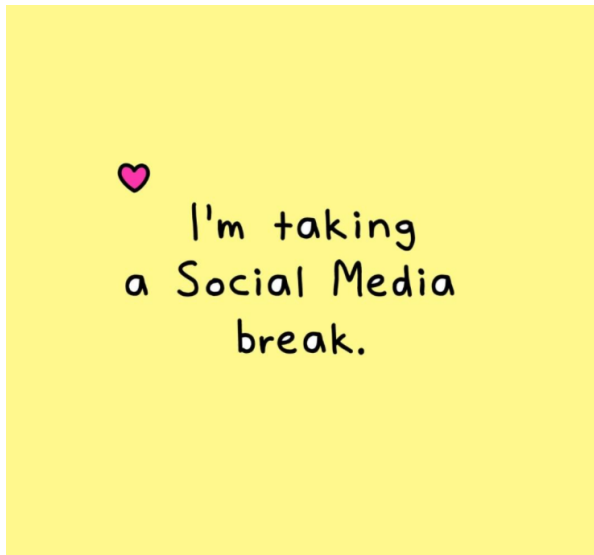
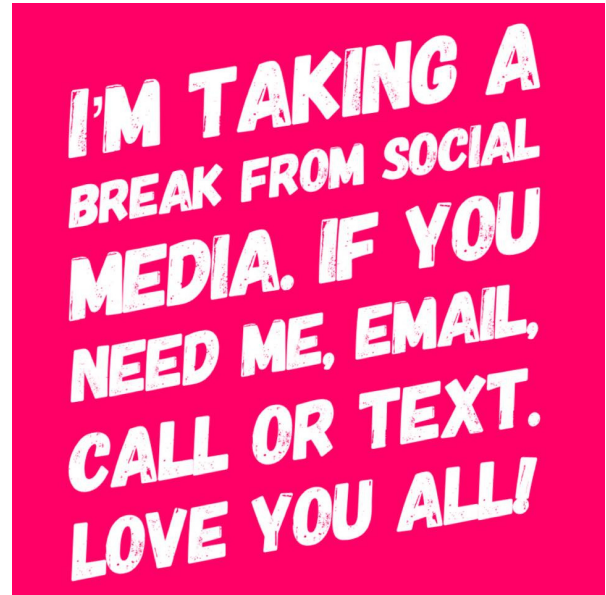
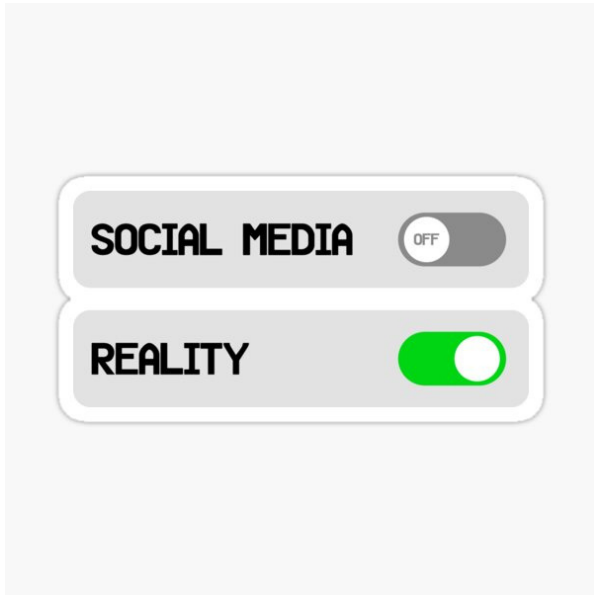
SATURDAY

- Spend the day not looking at or posting to social media.

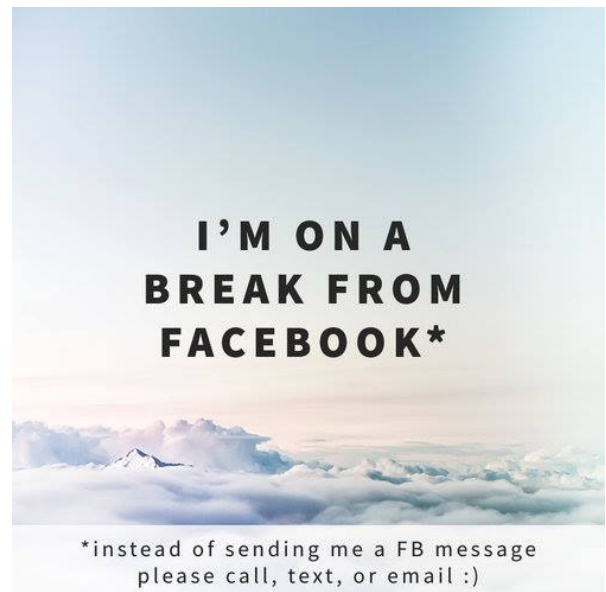
SUNDAY

- Turn off your smartphone for the entire day.

SOCIAL MEDIA BREAK - COPY & POST!



TAKING A
BREAK
FROM
SOCIAL
MEDIA



LIVING UNPLUGGED

Products and Resources



PRODUCTS

(CLICK TO SHOP & READ)

[Cell Phone Sleeping Bag](#)

[Phone-Free Bedroom Door Hanger](#)

[Be Present Boxes](#)

[Unplug T-shirt](#)

[TableTopics Conversation Starters](#)

RESOURCES

[100 SCREEN-FREE THINGS TO DO WITH KIDS AT HOME](#)

[15 WAYS TO UNPLUG COMPLETELY ON VACATION](#)

[4 WAYS TO UNPLUG AFTER WORK](#)
