



## Overview of the activity

We use our devices for a wide variety of reasons—some very straightforward and practical (navigation apps help us find our way) and some more psychologically complex (turning to social media to avoid feelings of loneliness and disconnection). However, the routine of checking our texts, emails, and social media accounts can easily become a self-reinforcing pattern. A media fast can help break that habit. This activity aims to cut down our use of digital media and screens and instead spend more time noticing and connecting with the people and environment around us.



## Instructions

It usually takes 30 days but try starting small and building up to a day, a week, a month. Why not try it with a friend or as a family, so you can encourage and support each other.

- 📱 Give your digital devices a bedtime! Set a time when you will put your devices away, at least an hour before going to bed and make sure you put your phone in a different room.
- 📱 Start a new morning habit that does not include social media, get in an early walk or a stretch, meditate, enjoy a device free cup of coffee or breakfast, paying attention to what you are eating and drinking, or just take time to notice your thoughts and surroundings.
- 📱 Delete all social media apps from your phone.
- 📱 Use the settings on your phone to set a limit for social media use.
- 📱 Turn off all notifications.
- 📱 Ban phones at the dinner table and put your phone in another room when you are working.
- 📱 Have at least one screen free evening a week and read a book, play a game, go for a walk, learn a new skill ...





## Why do this?

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Excessive media use is not good for us physically, mentally, or emotionally. We know that there is a connection between using screens and poorer attention span and academic performance in children, increased loneliness, greater stress and depressive symptoms among teens.

Disconnecting from screens, taking a media break and reconnecting with people and places is a powerful way to improve our well-being.

