



DIGITAL DETOX

365

Things to Do Instead of Checking Your Phone

ONE REAL-LIFE IDEA FOR EVERY DAY OF THE YEAR

Print it. Mark your favorites. Put it where you usually reach for your phone.



START HERE

Pick what you need right now

Do not read all 365 ideas first. Name what you need. Open that section. Pick one thing and do it before you check again.



I have five minutes

A five-minute reset



I am tired or tense

Rest and feel calm



I feel restless

Move your body



I need fresh air

Go outside



I want to create

Make something



I am hungry

Cook and eat



I feel lonely

Spend time with people



I want to be useful

Help someone



My space feels chaotic

Care for your home



I am bored

Learn and explore



I need direction

Plan a better life



I keep bingeing or cannot stop

Get help when you cannot stop

MAKE IT EASY

Circle ten ideas. Keep this guide where you can see it. Start before the urge gets loud.

Keep any phone access you truly need for safety, health, care or work.

1

A five-minute reset

Use these when your hand reaches for the phone before you have even decided what you want.

- ☐ 1. Take ten slow breaths.
- ☐ 2. Drink a full glass of water.
- ☐ 3. Stand by an open window.
- ☐ 4. Stretch your hands and shoulders.
- ☐ 5. Look at the farthest thing you can see.
- ☐ 6. Step outside and feel the air.
- ☐ 7. Make your bed.
- ☐ 8. Wash one cup or plate.
- ☐ 9. Put away ten things.
- ☐ 10. Water one plant.
- ☐ 11. Write down what you need right now.
- ☐ 12. Write one thing you are grateful for.
- ☐ 13. Sit in silence for three minutes.
- ☐ 14. Close your eyes and listen to the room.
- ☐ 15. Walk once around your home.
- ☐ 16. Do twenty gentle knee bends.
- ☐ 17. Rub your hands together and relax them.
- ☐ 18. Open a book to a random page.
- ☐ 19. Doodle until the urge passes.
- ☐ 20. Make a cup of tea.
- ☐ 21. Brush your teeth.
- ☐ 22. Fold five pieces of laundry.
- ☐ 23. Write a note to someone you love.
- ☐ 24. Choose the next real task and begin it.
- ☐ 25. Do nothing for five full minutes.

2

Rest and feel calm

Choose one when you are tired, tense, lonely or overloaded. Rest is a real activity.

- ☐ 1. Lie down without taking a device with you.
- ☐ 2. Take a short nap.
- ☐ 3. Sit in the sun.
- ☐ 4. Listen to the rain.
- ☐ 5. Take a warm bath.
- ☐ 6. Take a slow shower.
- ☐ 7. Wrap yourself in a blanket.
- ☐ 8. Light a candle and sit quietly.
- ☐ 9. Read a few pages of something gentle.
- ☐ 10. Write out everything on your mind.
- ☐ 11. Try a body scan from head to toe.
- ☐ 12. Breathe out longer than you breathe in.
- ☐ 13. Stretch on the floor.
- ☐ 14. Rest with your legs up the wall.
- ☐ 15. Give yourself a hand massage.
- ☐ 16. Put on clean, comfortable clothes.
- ☐ 17. Make your room darker and quieter.
- ☐ 18. Sit beside a tree.
- ☐ 19. Watch clouds move across the sky.
- ☐ 20. Listen to one record from start to finish.
- ☐ 21. Hum a song you know.
- ☐ 22. Write a page you never have to show anyone.
- ☐ 23. Make a simple gratitude list.
- ☐ 24. Slowly drink something warm.
- ☐ 25. Use a hot-water bottle or heating pad.
- ☐ 26. Put fresh sheets on the bed.
- ☐ 27. Open the curtains and let daylight in.
- ☐ 28. Spend ten minutes with a pet.
- ☐ 29. Sit on the floor and lean against a wall.
- ☐ 30. Go to bed thirty minutes early.

3

Move your body

You do not need a workout plan. Pick a safe kind of movement that matches your body today.

- ☐ 1. Walk to the end of the street and back.
- ☐ 2. Take a longer walk with no headphones.
- ☐ 3. Dance to three songs.
- ☐ 4. Do a gentle morning stretch.
- ☐ 5. Practice balancing on one foot.
- ☐ 6. Climb a set of stairs.
- ☐ 7. Ride a bicycle.
- ☐ 8. Swim a few easy lengths.
- ☐ 9. Play catch with a ball.
- ☐ 10. Throw a flying disc.
- ☐ 11. Kick a soccer ball around.
- ☐ 12. Shoot baskets.
- ☐ 13. Play table tennis.
- ☐ 14. Try badminton.
- ☐ 15. Go bowling.
- ☐ 16. Roller-skate at an easy pace.
- ☐ 17. Try a beginner yoga sequence from memory or a book.
- ☐ 18. Do light strength exercises.
- ☐ 19. Practice slow tai chi movements.
- ☐ 20. Walk a familiar route in the other direction.
- ☐ 21. Walk while you talk with a friend.
- ☐ 22. Rake leaves.
- ☐ 23. Sweep a porch or path.
- ☐ 24. Wash the car by hand.
- ☐ 25. Pull weeds for twenty minutes.
- ☐ 26. Carry groceries for someone.
- ☐ 27. Play an active game with a child.
- ☐ 28. Take the dog for a new walk.
- ☐ 29. Try a local exercise class.
- ☐ 30. Visit a climbing wall.
- ☐ 31. Go dancing with friends.
- ☐ 32. Walk through a large museum.
- ☐ 33. Hike a safe local trail.
- ☐ 34. Do a ten-minute mobility routine.
- ☐ 35. Stand up and move each time you finish a task.

4

Go outside

The point is not to achieve anything. Let the real world become interesting again.

- ☐ 1. Eat breakfast outside.
- ☐ 2. Drink tea on the doorstep.
- ☐ 3. Walk through a local park.
- ☐ 4. Visit a garden.
- ☐ 5. Sit near moving water.
- ☐ 6. Watch the sunrise.
- ☐ 7. Watch the sunset.
- ☐ 8. Look for the first star.
- ☐ 9. Learn the shape of the moon tonight.
- ☐ 10. Listen for five different birds.
- ☐ 11. Find three kinds of leaves.
- ☐ 12. Look closely at tree bark.
- ☐ 13. Watch insects for ten minutes.
- ☐ 14. Press a fallen flower or leaf.
- ☐ 15. Sketch the view from a bench.
- ☐ 16. Read under a tree.
- ☐ 17. Write outdoors.
- ☐ 18. Have lunch in a park.
- ☐ 19. Take a picnic.
- ☐ 20. Walk barefoot on safe ground.
- ☐ 21. Visit a beach, river or lake.
- ☐ 22. Go for a safe swim outside.
- ☐ 23. Try birdwatching with a printed guide.
- ☐ 24. Collect litter during a walk.
- ☐ 25. Walk after light rain.
- ☐ 26. Explore a street you have never walked.
- ☐ 27. Find a place with a wide view.
- ☐ 28. Take a paper map and explore locally.
- ☐ 29. Visit a farm or orchard.
- ☐ 30. Plant herbs in a pot.
- ☐ 31. Start a small vegetable bed.
- ☐ 32. Camp in a safe place.
- ☐ 33. Sleep outside under shelter.
- ☐ 34. Plan a full afternoon in nature.
- ☐ 35. Leave the phone at home for one familiar walk.

5

Make something

Making turns empty time into something you can see, hold, hear or share.

- ☐ 1. Draw the object in front of you.
- ☐ 2. Paint with one color.
- ☐ 3. Fill a page with patterns.
- ☐ 4. Make a collage from old paper.
- ☐ 5. Fold paper animals.
- ☐ 6. Cut paper snowflakes.
- ☐ 7. Make a handmade card.
- ☐ 8. Write a short poem.
- ☐ 9. Write a letter by hand.
- ☐ 10. Write one page of a story.
- ☐ 11. Describe your day in six sentences.
- ☐ 12. Write down a family story you remember.
- ☐ 13. Make up a bedtime story for a child.
- ☐ 14. Keep a small nature journal.
- ☐ 15. Practice your handwriting.
- ☐ 16. Learn to knit a basic row.
- ☐ 17. Crochet a small square.
- ☐ 18. Sew on a missing button.
- ☐ 19. Repair a torn piece of clothing.
- ☐ 20. Turn an old shirt into a cleaning cloth.
- ☐ 21. Make a simple cushion cover.
- ☐ 22. Shape something from clay.
- ☐ 23. Paint a small stone.
- ☐ 24. Make a paper mobile.
- ☐ 25. Build something with scrap wood.
- ☐ 26. Make a tiny house from a cardboard box.
- ☐ 27. Create a vase from a clean jar.
- ☐ 28. Arrange flowers or branches.
- ☐ 29. Make a photo album from printed pictures.
- ☐ 30. Frame a picture you already own.
- ☐ 31. Play an instrument for ten minutes.
- ☐ 32. Learn a simple song by ear.
- ☐ 33. Sing from a printed songbook.
- ☐ 34. Write new words to an old tune.
- ☐ 35. Make a shaker from a sealed container and dry beans.
- ☐ 36. Build a jigsaw puzzle.
- ☐ 37. Design a board game on paper.
- ☐ 38. Make a small gift for someone.
- ☐ 39. Create a vision board from old magazines.
- ☐ 40. Finish one thing you started and left behind.

Food can become a real break when you make it slowly and eat without another stream playing.

- ☐ 1. Cook a simple breakfast.
- ☐ 2. Make soup from what you have.
- ☐ 3. Bake a loaf of bread.
- ☐ 4. Make biscuits or scones.
- ☐ 5. Prepare a fresh salad.
- ☐ 6. Cook a meal from an old cookbook.
- ☐ 7. Try one fruit you have never eaten.
- ☐ 8. Try one vegetable you usually ignore.
- ☐ 9. Make a favorite meal from childhood.
- ☐ 10. Ask a relative for a family recipe.
- ☐ 11. Write your favorite recipe on a card.
- ☐ 12. Make lunch for tomorrow.
- ☐ 13. Pack a picnic.
- ☐ 14. Invite someone for tea.
- ☐ 15. Cook dinner with a friend.
- ☐ 16. Make a meal for a neighbor.
- ☐ 17. Bake something to give away.
- ☐ 18. Set the table with care.
- ☐ 19. Eat one meal outside.
- ☐ 20. Eat one meal in silence.
- ☐ 21. Eat slowly enough to taste each bite.
- ☐ 22. Make popcorn on the stove.
- ☐ 23. Mix a fruit drink without alcohol.
- ☐ 24. Prepare a plate of fruit and cheese.
- ☐ 25. Grow sprouts on a windowsill.
- ☐ 26. Pick herbs from a garden.
- ☐ 27. Visit a local farmers market.
- ☐ 28. Clean and organize one food shelf.
- ☐ 29. Plan three easy meals for a busy week.
- ☐ 30. Share dessert around a table with no phones.

Spend time with people

Real connection can be simple: one person, one place and enough attention to be there.

- ☐ 1. Call a friend for a real conversation.
- ☐ 2. Visit someone you miss.
- ☐ 3. Ask a friend to take a walk.
- ☐ 4. Meet someone for breakfast.
- ☐ 5. Invite a neighbor for tea.
- ☐ 6. Have lunch with a relative.
- ☐ 7. Plan a phone-free dinner.
- ☐ 8. Cook together.
- ☐ 9. Play cards together.
- ☐ 10. Play a board game.
- ☐ 11. Build a puzzle with someone.
- ☐ 12. Read aloud to a child.
- ☐ 13. Ask a child to choose the afternoon activity.
- ☐ 14. Teach a child a game you played when young.
- ☐ 15. Ask an older person about their childhood.
- ☐ 16. Write down a relative's favorite story.
- ☐ 17. Look through a printed photo album together.
- ☐ 18. Visit a local attraction with a friend.
- ☐ 19. Go to a free community event.
- ☐ 20. Attend a local concert.
- ☐ 21. See a play.
- ☐ 22. Go to a museum together.
- ☐ 23. Start a small book group.
- ☐ 24. Host a simple potluck.
- ☐ 25. Plan a clothing swap.
- ☐ 26. Organize a neighborhood walk.
- ☐ 27. Have a picnic with friends.
- ☐ 28. Go stargazing with someone.
- ☐ 29. Take a day trip with a friend.
- ☐ 30. Help someone with a home project.
- ☐ 31. Ask for help with something you keep delaying.
- ☐ 32. Apologize for something that still matters.
- ☐ 33. Thank someone in person.
- ☐ 34. Write and post a thank-you note.
- ☐ 35. Tell someone what you value about them.
- ☐ 36. Ask one honest question and listen fully.
- ☐ 37. Sit with someone who is having a hard day.
- ☐ 38. Make a paper list of people you want to see more.
- ☐ 39. Choose one regular time each week for friendship.
- ☐ 40. Spend an evening together with every phone put away.

Help someone

Doing something useful for another person is often better than trying to think your way out of an urge.

- ☐ 1. Carry a bag for someone.
- ☐ 2. Run one errand for a neighbor.
- ☐ 3. Make a meal for a new parent.
- ☐ 4. Bring groceries to someone who is ill.
- ☐ 5. Offer someone a ride.
- ☐ 6. Walk a neighbor's dog.
- ☐ 7. Water plants for someone who is away.
- ☐ 8. Mow a small lawn for someone who needs help.
- ☐ 9. Fix one simple thing for a friend.
- ☐ 10. Teach someone a skill you know.
- ☐ 11. Help a child with homework.
- ☐ 12. Read to someone who has trouble seeing.
- ☐ 13. Write a letter for someone who needs help.
- ☐ 14. Sort clothes for donation.
- ☐ 15. Give useful items to a local charity.
- ☐ 16. Volunteer at a food bank.
- ☐ 17. Serve a meal at a shelter.
- ☐ 18. Help at an animal shelter.
- ☐ 19. Join a local clean-up.
- ☐ 20. Pick up litter on your street.
- ☐ 21. Plant something in a shared space with permission.
- ☐ 22. Offer an hour to a community group.
- ☐ 23. Help set up chairs for an event.
- ☐ 24. Visit someone who is alone.
- ☐ 25. Send a care package.
- ☐ 26. Leave a kind note where someone will find it.
- ☐ 27. Pay for a small treat for the next person.
- ☐ 28. Give someone your full attention for ten minutes.
- ☐ 29. Ask what would make another person's day easier.
- ☐ 30. Do one helpful thing without telling anyone.

Care for your home

Make the place around you calmer, cleaner or more useful. Stop when the chosen job is done.

- ☐ 1. Clear one table.
- ☐ 2. Clean one kitchen drawer.
- ☐ 3. Sort one shelf.
- ☐ 4. Tidy the space beside your bed.
- ☐ 5. Sweep one room.
- ☐ 6. Mop the kitchen floor.
- ☐ 7. Clean the bathroom sink.
- ☐ 8. Wipe the inside of the refrigerator.
- ☐ 9. Wash the windows in one room.
- ☐ 10. Dust the bookshelves.
- ☐ 11. Vacuum the car.
- ☐ 12. Empty one bag or box you keep avoiding.
- ☐ 13. Put loose papers into one place.
- ☐ 14. Shred papers you no longer need.
- ☐ 15. Sort a small pile of clothes.
- ☐ 16. Repair one loose handle or hinge.
- ☐ 17. Replace a burned-out light bulb.
- ☐ 18. Oil a squeaky door.
- ☐ 19. Hang a picture.
- ☐ 20. Move a chair to make a better reading spot.
- ☐ 21. Create one comfortable phone-free corner.
- ☐ 22. Place a basket by the door for devices.
- ☐ 23. Make a paper home for keys and notes.
- ☐ 24. Put a real clock where you usually check your phone.
- ☐ 25. Put a book where you usually leave your phone.
- ☐ 26. Set out tomorrow's clothes.
- ☐ 27. Prepare the table for breakfast.
- ☐ 28. Wash and store reusable bags.
- ☐ 29. Clean a pair of shoes.
- ☐ 30. Polish something made of wood.
- ☐ 31. Turn a jar into a small storage pot.
- ☐ 32. Make the entrance to your home welcoming.
- ☐ 33. Start a box for things to give away.
- ☐ 34. Choose ten possessions you no longer use.
- ☐ 35. Finish one small repair before starting another.

Curiosity does not require a feed. Follow one subject long enough to learn something real.

- ☐ 1. Browse a library shelf you never visit.
- ☐ 2. Ask a librarian for a recommendation.
- ☐ 3. Read a short biography.
- ☐ 4. Read about the history of your town.
- ☐ 5. Visit a local museum.
- ☐ 6. Take a guided walking tour.
- ☐ 7. Visit a historic building.
- ☐ 8. Study a paper map of your area.
- ☐ 9. Draw a map of your neighborhood from memory.
- ☐ 10. Learn ten words in another language from a book.
- ☐ 11. Practice the alphabet of another language.
- ☐ 12. Learn a basic knot.
- ☐ 13. Learn how to mend a small tear.
- ☐ 14. Learn to sharpen a kitchen knife safely.
- ☐ 15. Learn the names of five local trees.
- ☐ 16. Learn to identify three common birds.
- ☐ 17. Read a printed field guide outside.
- ☐ 18. Try a new recipe and note what you learned.
- ☐ 19. Ask someone to teach you a family skill.
- ☐ 20. Take an in-person class.
- ☐ 21. Attend a public talk.
- ☐ 22. Join a local club.
- ☐ 23. Practice public speaking with a small group.
- ☐ 24. Read one long article in print.
- ☐ 25. Read a whole chapter without switching tasks.
- ☐ 26. Work a crossword puzzle.
- ☐ 27. Try a number puzzle.
- ☐ 28. Learn one card trick.
- ☐ 29. Write down five questions you want to explore.
- ☐ 30. Choose one question and spend a week with it.

Plan a better life

Use the quiet to decide what deserves your time after the phone comes back.

- ☐ 1. Write the three things that matter most this week.
- ☐ 2. Choose one task to finish today.
- ☐ 3. Make tomorrow's plan on paper.
- ☐ 4. Draw your ideal morning on one page.
- ☐ 5. Design one evening with no optional screens.
- ☐ 6. Plan a phone-free meal each day.
- ☐ 7. Choose a place where the phone will sleep.
- ☐ 8. Write a short rule for social media.
- ☐ 9. Write a clear stopping time for online work.
- ☐ 10. List the apps you truly need.
- ☐ 11. List what you want to remove from your phone.
- ☐ 12. Make a paper list of important phone numbers.
- ☐ 13. Write down what you want more time for.
- ☐ 14. Choose one project worth protecting from distraction.
- ☐ 15. Break that project into the next three actions.
- ☐ 16. Plan a quiet weekend morning.
- ☐ 17. Plan a local day trip.
- ☐ 18. Choose one hobby to begin again.
- ☐ 19. Put three offline activities where you can see them.
- ☐ 20. Write the ten ideas from this guide you most want to try.

Get help when you cannot stop

If you keep bingeing or cannot stop, do not try to handle it alone. Bring in people and a real plan.

- ☐ 1. Tell one trusted person what is happening.
- ☐ 2. Ask someone to hold your device for a set time.
- ☐ 3. Make a written plan for the next urge.
- ☐ 4. Attend a free Media Addicts Anonymous meeting.
- ☐ 5. Attend a free Internet and Technology Addicts Anonymous meeting.
- ☐ 6. Ask a recovery member what helped them begin.
- ☐ 7. Call someone before a binge, not only after it.
- ☐ 8. Choose a regular meeting and put it on paper.
- ☐ 9. Write down what happened before the last binge.
- ☐ 10. Remove one easy route back to the problem.
- ☐ 11. Plan where your devices will stay tonight.
- ☐ 12. Ask a qualified professional for help.
- ☐ 13. Use local crisis support if you are in immediate danger.
- ☐ 14. Begin again without turning one slip into a lost week.
- ☐ 15. Help another person once you have steady support.

My ten things to do instead

Choose ideas you would really do - not things you think should impress you.

When I want to check my phone or drift online, I can:

1

2

3

4

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6

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9

10

IF YOU KEEP BINGEING OR CANNOT STOP

Use stronger support. Try a free Media Addicts Anonymous or ITAA meeting.

mediaaddictsanonymous.org | internetaddictsanonymous.org

About this guide: Digital Detox created this original, expanded guide after reviewing the recovery practice of making a long list of healthy alternatives, including a 300-item list shared by Media Addicts Anonymous. The categories, wording and added ideas in this edition are new. The purpose remains simple: decide what you can do before the urge to check arrives.