

7 Day Digital Detox Challenge

Day 1 - Minimise digital distraction

Turn off push notifications, unsubscribe from junk emails & delete unused apps

Day 2 - Redirect your focus

Move your phone to another room during meals and engage with your environment or your people

Day 3 - Engage with your surroundings

Go for a phone-free walk or wheel in your local area, or around our beautiful campus

Day 4 - Become anti-social media

Unfollow influencers & limit social media time to a set number of minutes per day

Day 5 - Do something genuinely social

Try meeting a friend, volunteering or visiting a loved one

Day 6 - Use a pen

Draw, journal, doodle, or write a short story or letter

Day 7 - Care for yourself

Stop using your phone after 9pm and take care of yourself instead – have a bath or read a book from one of our libraries

