

# **The Digital Wellness Hacksheet**

While we appreciate the irony in spending hours on your phone and computer in order to reduce your time spent on there, I promise that the payoff will be massive.

This process will help you reclaim ownership of your technology. Then, you can slowly reintroduce what brings you joy, happiness, productivity, or meaningful connection.

Implement all of the Digital Essentials Hacks in one go - give yourself 2-3 hours of time, and just do it. We've listed them in order of impact, so start at the top and work your way down.

## **1. Turn off *ALL* push notifications on your smartphone.**

With the exception of incoming calls and text messages, turn off every single push notification. Unless it's an app designed to create new, improved habits - maybe like a meditation app and you *want* daily reminders - that's okay. But for email, social media, news, and everything else - turn off every single push notification. No exceptions.

## **2. Use “Do Not Disturb” on your smartphone 24/7.**

This way, your phone never rings, dings, or vibrates. You're now 100% in control of when you check your phone. Keep in mind that there's a way to allow your phone to ring when certain contacts call you, like immediate family.

For everyone else, missing a few calls or texts is not an emergency. Just because you have a cell phone doesn't mean signed a contract to be available 100% of the time.

## **3. Delete all social media, email, and news apps from your phone.**

The infinite scroll feature simply isn't as fun on a desktop computer. There's a likelihood that you'll get bored faster on a computer, as opposed to dopamine hit after dopamine hit on your phone. But if you absolutely won't do that...

## **4. Eliminate reliance on willpower with discipline apps.**

There are discipline apps to limit your use of time wasting apps, like social media and news. On most modern smartphones, there are ways to limit the number of minutes you can spend on a specific app during a 24 hour period, and you can even block yourself entirely.

On iPhone, it's called Screen Time. On Android, it's Digital Wellbeing. Have a friend or partner enter in a password, set up aggressive limits for which apps you can or can't use, and which sites you can or can't visit. You can do this on your computer as well.

Start aggressive to break the addiction, and work your way backwards. But make sure it's password protected by someone you trust who won't give in when you are jonesing to check your feed.

If online shopping is a time-suck for you - put limits on or block those sites as well.

Give yourself 15 minutes to read the news, then the app shuts off. Give yourself 15 minutes to check social media (or preferably, don't), and then you're blocked out on all devices for the next 24 hours.

Best website-blocking app that is cross platform (syncs on computer, phone, tablet:

[Freedom - Block Websites, Apps, and the Internet](#)

Be aggressive. This is your life. Reclaim it. You can thank me later.

### **5. Leverage time blocking.**

Whatever your biggest time wasters are, schedule them into your day. For me, it was email. Now, I check it only at 9AM and 4PM, for 30 minutes each. That's it.

### **6. Eliminate digital clutter.**

Take a few hours to clean up your desktop, organize your files, archive all email, and then unsubscribe from email lists as they come in.

## **The 2-Week Media Fast**

The purpose behind this is to give your mind and body a reset by cleansing it completely. You're fasting from news, social media, TV, and any other type of tech you'd benefit from fasting. Once you break the cycle by fasting from media, you can return to it with a grounded mentality.

Start with a minimum two week fast from all forms of news and social media. Magazines, news papers, internet news, Facebook, Instagram, Pinterest, TV, Netflix, and everything else. Use steps 3 & 4 of the Digital Essentialist Hacksheet to delete all of the social and news apps on your phones, and use your phone's tools to lock yourself out.

Start with two weeks - zero news, zero social. And I promise that you'll feel so amazing, you'll want to bump it up and do three or four weeks. When you do return to media, and specifically news, read, don't watch. News delivered by video is full of emotionally charged opinions that'll amp you up and derail your day. Oh, and you don't have to announce online that you're taking a break - just do it.

## **Entertainment Alternatives**

If you need something to do, read a book. Become a connoisseur of reading. Go for walks. Call up old friends. Invite some people over and try out the new recipes in the 30-Day Plant-Based Challenge. Sit in nature. Catch up on sleep. Pick up that instrument you've been wanting to learn. Enjoy yourself.