



ShiftGrit Psychology & Counselling
MEET YOUR THERAPY, REINVENTED

The Ultimate Digital Reset Guide: Free Your Mind, Reclaim Your Time & Optimize Your Life

Why Do a Digital Reset?

Technology is a powerful tool—but only if you're in control of it. If you find yourself:

- ✓ Mindlessly checking your phone 📱
- ✓ Losing time to endless scrolling 😊
- ✓ Struggling with focus, sleep, or productivity 😞
- ✓ Feeling like screen use isn't enhancing your life 🎯

Then **it's time for a reset.**

This **step-by-step guide** will help you break free from digital overload, **retrain your brain**, and build a **healthier relationship** with technology.



Phase 1: The 24-Hour Digital Detox Reset

Let's start with a **clean break** to reset your habits and awareness.

♦ Step 1: Prepare for Success

- ✓ **Tell people in advance** – Let close friends or work contacts know you'll be offline.
 - ✓ **Choose a start time** – A weekend or a low-tech day works best.
 - ✓ **Delete addictive apps** (even temporarily) – Remove social media, gaming, and news apps.
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- ✓ **Set your phone to grayscale** – Colors trigger engagement; grayscale makes it boring.
- ✓ **Turn off notifications** – Especially for emails, social media, and messaging apps.

♦ **Step 2: Go Screen-Free for 24 Hours**

 **Rules:** No social media, no aimless browsing, no email, no screens unless absolutely necessary.

 **Instead, do this:**

- ✓ **Reconnect with people** – Call or meet up with friends in person.
- ✓ **Go outside** – Nature is a natural dopamine reset.
- ✓ **Move your body** – Take a workout class, go for a run, or practice yoga.
- ✓ **Engage in real-world hobbies** – Cook, paint, write, play an instrument.
- ✓ **Practice mindfulness** – Try journaling or meditation.
- ✓ **Read a physical book** – Give your brain a screen break before bed.

 **Pro Tip:** If you must use your phone (for navigation, calling, etc.), **keep it in Airplane Mode** unless needed.



Phase 2: Mindful Tech Use – Reintroducing Screens the Right Way

Now that you've reset, it's time to **intentionally rebuild** your relationship with technology.

♦ **Step 3: Identify Intentional vs. Mindless Screen Use**

Not all screen time is bad! The goal is to use tech in a way that **enhances** your life, not replaces it.

✓ **Enhancing screen use:**

- ✓ **Texting/calling friends** – To make real-life plans.



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- ✓ **Learning new skills** – Language apps (Duolingo), professional development (MasterClass, Coursera).
- ✓ **Exploring real-world activities** – Researching local concerts, community events, or outdoor activities.
- ✓ **Booking wellness & fitness classes** – Yoga, cycling, or personal training sessions.
- ✓ **Mindfulness & meditation apps** – Headspace, Calm, Insight Timer.
- ✓ **Physical activity trackers** – Strava, Apple Health, Fitbit.
- ✓ **Audio-based content before bed** – Audiobooks or podcasts instead of scrolling.

✗ **Mindless screen use (to avoid):**

- ✗ Doomscrolling news & social media
- ✗ Binge-watching TV shows mindlessly
- ✗ Checking email/notifications compulsively
- ✗ Engaging in comparison culture on social media

📌 **Action Tip:** For every 1 hour of screen time, make sure you're doing **at least 1 hour of offline activities**.



Phase 3: Long-Term Digital Balance Habits

Now that you've reset and become mindful of **what** you use screens for, here's how to maintain **long-term** control.

♦ **Step 4: Set Healthy Digital Boundaries**

🕒 **Schedule screen-free time:**

- ✓ **No screens 1 hour after waking & before bed**
- ✓ **No phones during meals** – Be present with those around you.
- ✓ **Tech-free zones** – Keep phones out of the bedroom.

✉️ **Control email & work distractions:**

- ✓ Check email at **set times** (e.g., 9 AM, 2 PM, 5 PM).
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- ✓ **Turn off notifications** outside work hours.
- ✓ Set an **“email-free weekend”** boundary.



Optimize your phone:

- ✓ Keep **only useful apps** on your home screen.
- ✓ Use **app blockers** (Freedom, StayFocusd) for addictive sites.
- ✓ **Unfollow negative content** and **curate uplifting feeds**.



Weekly Challenge: Try a 24-hour digital detox once a week!



Phase 4: Leveraging Tech to Optimize Your Life

You now control your screen use—so make it work **for you!**

◆ **Step 5: Use Tech to Improve, Not Escape**



Social Connection:

- ✓ Use texting & social media **to set up real-world meetups**.
- ✓ Join **growth-focused communities** (book clubs, fitness groups, mastermind groups).



Personal Growth & Learning:

- ✓ Learn a language (Duolingo, Babbel).
- ✓ Take an online course (MasterClass, Coursera, Skillshare).
- ✓ Follow content that aligns with your **career, parenting, or personal growth**.



Health & Well-being:

- ✓ Track workouts (Strava, Fitbit, Apple Health).
- ✓ Use guided meditation apps (Headspace, Calm).
- ✓ Book fitness & wellness classes.



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Mindful Entertainment:

- ✓ Listen to **audiobooks & podcasts** instead of doomscrolling.
- ✓ Watch content that **inspires or educates**, not just entertains.

 **The Rule:** If screen time doesn't **enhance your real life**, reconsider why you're using it.



Final Thoughts: Free Your Mind, Change Your Life

This isn't about **quitting technology**. It's about using it **with intention**.

✨ Imagine what you could do with the extra **hours per day** you've been losing to screens:

- ✓ Build real relationships 
- ✓ Learn something that excites you 
- ✓ Get in the best shape of your life 
- ✓ Start a side hustle or passion project 
- ✓ Find joy in the real world 

💡 **Remember:** Every time you pick up your phone, ask yourself:

? "Am I using this as a tool, or am I just passing time?"

 Ready to dive deeper? Listen to **#TheShiftShow** for more on **breaking free from screen addiction & optimizing your life!**

Helpful Links:

- [Episode #035 - Scroll, Click, Repeat: Escaping the Internet Addiction Trap](#)
 - [Visit ShiftGrit Psychology & Counselling](#)
 - [Explore our Calgary mental health info site](#)
 - [Get directions to our clinic on Google Maps](#)
 - [Watch our therapy videos on YouTube](#)
 - [See our official Google brand profile](#)
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