




12 Days of

DIGITAL WELLNESS

Day	Gift	Description	
1	Unplug and Disconnect	Dedicate a tech-free day to reset and recharge, focusing on face-to-face interactions and outdoor activities.	<input type="checkbox"/>
2	Mindful Mornings	Start your day without reaching for your phone. Instead, begin with a moment of mindfulness or a calming morning routine.	<input type="checkbox"/>
3	Screen-Free Meals	Commit to gadget-free meals to savor your food, connect with loved ones, and practice mindful eating.	<input type="checkbox"/>
4	App Declutter	Review your digital life and remove apps and notifications that aren't essential, minimizing distractions.	<input type="checkbox"/>
5	Media Cleanse	Take a break from social media and non-essential screen time for a day or more to reduce digital fatigue.	<input type="checkbox"/>
6	Tech-Free Zone	Designate a specific area in your home (e.g., bedroom) as a tech-free zone to improve sleep quality and relaxation.	<input type="checkbox"/>
7	Tech-Boundaries	Establish clear time boundaries for technology usage, ensuring you disconnect during evenings and weekends.	<input type="checkbox"/>
8	Digital Sabbatical	Plan a day without any digital devices, and spend time reading, exploring nature, or pursuing hobbies.	<input type="checkbox"/>
9	Digital Hygiene	Regularly clean your digital devices (inboxes, following lists, subscriptions, etc), creating a clutter-free and efficient digital space.	<input type="checkbox"/>
10	Mindful Tasking	Practice single-tasking, focusing on one thing at a time, to enhance productivity and reduce stress.	<input type="checkbox"/>
11	Screen Time Tracking	Use apps or features to monitor your screen time and set daily limits to promote more balanced tech use.	<input type="checkbox"/>
12	Gratitude & Reflection	Reflect on your digital wellness journey, express gratitude for the positive changes, and set new goals for the future.	<input type="checkbox"/>