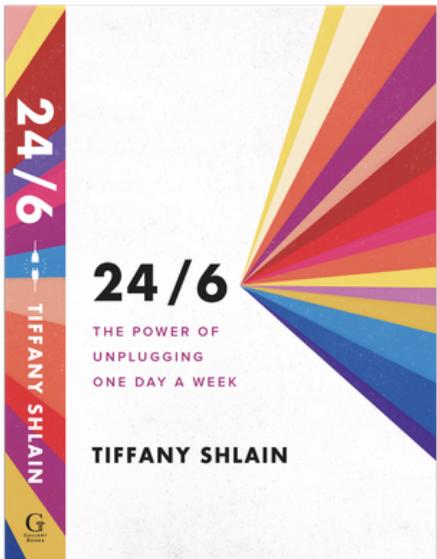


Keep the Physical and Mental Benefits Going

The Other Six Days of the Week

From the book *24/6 The Power of Unplugging One Day a Week* by Tiffany Shlain



SCREEN USE

- Establish guidelines for where and when screens can be used (like no phones on the table during meals).
- Put a small notebook in your bag, with a pen that you love, and consider a paper scheduler. This way, you'll pull out this book instead of your phone any moment you want to jot something down, schedule something, or record something. You can even get one the size of a phone if it'll make you feel more comfortable.
- Use the feature that's now on smartphones to set limits on screen use or social media use.
- Set a text auto-response from your phone when you go offline so that people know you're unavailable. And let them know you are enjoying life away from the screen. For example, "I have my phone off to rebalance my mind. Will write to you when I am back refreshed."
- Set aside time each day to let your mind wander: while taking a shower, doing the dishes, driving, walking, biking, exercising. Try not to fill those times with talking on the phone or listening to podcasts or news.
- Wait until eighth grade (WaitUntil8th.org) to get kids a smartphone.
- If your child needs a phone before then, consider getting a simple model, like a flip phone with limited or no Internet access.
- Check out smartphone contracts for your kids by Janell Burley Hofmann (janellburleyhofmann.com/the-contract/) or Dr. Delaney Ruston (screenagersmovie.com/contracts/).
- Revisit the contract every six months or as new developments, needs, and interests evolve.

REST, SILENCE , AND STILLNESS

- Get an old-fashioned alarm clock for your room so you don't need a phone to wake you up.
- Don't look at screens for at least thirty minutes after you wake up. Try journaling instead.
- Establish periods of quiet rest throughout the day—leave the phone behind and go take a walk, go outside for lunch, practice a musical instrument or take up an easy one, like the ukulele, or write in a journal instead of scrolling on your phone. Create space to let your mind wander. Two hours a day of silence is recommended.
Make a list of all your favorite places in nature that are close to where you live that you want to visit more.
- Go somewhere without Wi-Fi for the day or longer.
- Don't let screens be the last thing you do before you sleep. The blue light can interfere with sleep onset. Read a book or a magazine instead.

EXITS AND ENTRANCES

- Start paying attention to what you're doing when you arrive at or leave a space.
- Finish calls before you enter a room.
- Try the thirty-second hug.
- Try the ten-second doorknob countdown.
- Before texting someone, remember it takes twenty-three minutes to return to focus after each interruption. Is the text really that urgent? Could it be emailed so they can choose when to look at it?
- With kids, practice “the entrance” of how to answer the landline: “Hello, XY residence.

EMPATHY AND EYE CONTACT

- Make eye contact and say hello, good morning, etc., to five new people every day.
- Get to know the names of people you interact with regularly but whose name you may not know—at work, at your favorite cafe, at the library, in the neighborhood, at school drop-off or pickup.
- Forgive someone.
- Give people the benefit of the doubt.
- Write a list of people you would like to get to know better and why. Invite them to your next Tech Shabbat meal.

SOCIAL MEDIA USE

- Turn off all social media and app notifications on your phone so it's not constantly asking for your attention. You choose when to check in.
- Adopt a social media strategy. Ask yourself, Why am I on social media right now? Is it for work or school? For news? Is it to connect with family and friends? Who am I following and why? Remember, your feeds are shaping your thoughts and your mind.
- Take a beat before posting. Is what you're about to post authentic? Are your posts showing only one version of yourself? How will people receive it? Is it something you want to broadcast to everyone who follows you? Is this information best communicated face-to-face with close friends and family, or on a call, or in an email or text?
- Take a social media sabbatical. Taking an occasional week off can be great for your schedule as well as your soul. Take stock of how you feel afterward.

WORK/SCHOOL AND PRODUCTIVITY

- Talk with coworkers or peers about keeping phones out of sight (not on desks if in a shared space)—especially during meetings; just having smartphones out distracts everyone in the room.
- When working solo or at home, put the phone away while you are trying to focus.
- Take a beat before responding to an email that upsets you. Sleep on it.
- Try tech tools designed to keep you more focused, such as OneTab, which condenses all your open tabs, or Momento, which asks you when you open your browser, “What’s your main priority for today?” A full list of updated resources can be found at 24SixLife.com.
- Educators and parents: Consider visiting AwayForTheDay.org, an initiative that supports parents and schools in limiting smartphones in schools.

GRATITUDE

- Keep a stack of thank-you notes and stamps in your bag so you can write and send one any time you think about it.
- Write a letter of appreciation and send it to a friend, teacher, or mentor.
- Keep a gratitude notepad with you so you can reach for that instead of your phone when you are waiting somewhere.
- Start The Five-Minute Journal or an appreciation journal.
- If you have a hard time going to sleep at night, think of three things you are grateful for when you close your eyes.

AGES 18+

- Cook a big meal with family or friends.
- Bake something for someone else.
- Get some fresh air. Go for a walk around the neighborhood or a long walk in nature.
- Write for pleasure. Journal. Try out these prompts:
 - Write a list of things you're grateful for.
 - Write a list of what you appreciate about your partner or friend.
 - Write a list of qualities you like about yourself and things you want to work on.
 - Write down things you are excited about, things you are worried about, and things you may have worried about that never came to fruition.
- Write a thank-you note or letter to a friend, teacher, or mentor.
- Send a friend a favorite book.
- Pay attention to little moments of beauty and write about them.
- Tell your parents something valuable they have taught you.
- Unplug all appliances that aren't being used.

AGES 18+

- Listen to or play music or just sing. Take up a new instrument.
- Dance!
- Have a picnic.
- Play baseball, basketball, tennis, throw a Frisbee.
- Paint, draw, sculpt, or watercolor.
- Visit an art museum.
- Go to the library or an independent bookstore.
- Go through books you want to donate or give to friends.
- Take a bike ride.
- Fly a kite.
- Play board games, cards, puzzles, charades. Host a game night or a trivia challenge.
- Read for pleasure.
- Read or write a poem.
- Think of your favorite words and teach them to a child in your life.

AGES 18+

- Think of a fun memory with a sibling or cousin and write it in a note to send.
- Use a landline to call someone you miss.
- Visit a community garden, or if you have one of your own, plant something.
- Visit a nearby body of water and go swimming.
- Take a long bath or shower.
- Meditate.
- Do yoga or just stretch.
- Take a nap.

AGES 65+

- **Make plans:** Is there an art show you want to see? Is there a part of town you want to visit? A friend you'd like to catch up with?
- **Start with dinner:** Potluck, or cook together, or go to a restaurant you've been wanting to try or already love.
- **Play cards:** Start a weekly card game.
- **Volunteer:** Shelters and hospitals always need helping hands.
- **Reminisce:** Visit with a different friend each week to share old memories together. Get out the photo albums.
- **Make a project:** Spend Tech Shabbat afternoons putting together the story of your life for posterity, in words, pictures, or both.
- **Exercise:** Swim, take a walk, go to a yoga class.
- **Family time:** Plan screen-free activities with the family (especially grandchildren, if you have any—see lists on pages 185–91 for ideas).