



Cellphone are a cause of major anxieties. We wait to hear from people, the ding of a notification often brakes our train of thought. They are "One Big Stress Bomb"

Try a cut down a bit on phone use. We have become even more "hooked" on their use during this pandemic because we cannot go to people homes & visit with them, we can't go to our club meeting & visit with our members. But hidden in this booklet are some ways to help our members without using our phones.

Don't let Covid-19 shrink your membership!

Remember

"Strength United is Stronger"

& we are all members of CFWC. & GFWC.



California Federation of Women's Clubs



Digital Detox
2020-2022

Do you know if you need to detox
from the Digital world?



Do you have a Desk Top Computer,
Lap Top, Tablet, Gaming Devices &
or a Cellphone or all of the above?

I know some of you have all
of the above. Do you use all of
them all the time? Or maybe just
one or two of them everyday?

How often do you check your email?

Do you get your email on all of
your devices? Do you watch TV
& play games on your
gaming device, phone or tablet?

Go through this list & answer
this question– how much
time do I spend on each
device? Really think about it.

Write it down!

Think about how much time you would
have to do other things if you weren't
always on a digital device.

Write some of your ideas of things
you could do to detox for
digital devices. Make
them personal to you or use some
of the ideas to the left.

How about some self-care instead of being on digital devices

You can do meditation. Teach yourself, buy some books, or go to a class.

Exercise- take walks with friend or family. Get outside & enjoy the fresh air.

Clean the house, make it less cluttered. (not my favorite but ...)

go to the farmer's market for good, healthy, fresh food of all colors. In other words eat better.

Practice Mindfulness. Another book you can buy.

Have a wild party, as wild as you dare!

Write "kindness notes" to the ladies in the club who need pick me ups. And the one who would just like to get a note. (Good for Covid-19)



Plant a garden.

Start a visiting the valued (older) members section in your club to visit someone who needs the one on one visit. (not right now but when Covid-19 gets better)

Think about what things you do on devices.

Do you play games, I do. How much time is spent playing games?

Do you go on Facebook, I do. How much time is on Facebook? How many of those people do you really know on Facebook. Do you really care about what they are saying or showing you? Is it important to your life?

Tik Tok, do you do that?

Pinterest, do you ever try things from there? Do they ever work?

Twitter, do you like Twitter?

How about Snap Chat?

How about actual work for your Club or your real job?



Benefits of Digital Detoxing

All the digital interfacing you do on a daily basis may be effecting your life on a daily basis. Are you giving the people in your life your full attention or do you have your phone or tablet in your hand?

Understand blue light harms your sleep patterns.

You can actually get work done around the house if you put down all that digital equipment.

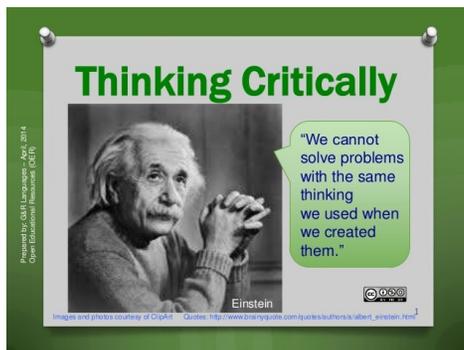
You can listen to beautiful music & give it your full attention.

You can talk to that special someone & really listen to what they say.

You can read a book. There is a benefit to reading a real book not a digital book. There is no blue light to keep you up at night.

You sleep Better.
This is from the CDC.

You can think better & easier.



More things to do as you getting better at detox & want more.



Swap you smart phone for a flip phone or any other old style phone.

Cancel your streaming services

Give away your gaming devices, or sell it.

Turn your phone to grayscale.

Turn off all the automatic notices, except the ones required for work or for children.

Have a no phone or tablet area in the family or living room in the house.

Buy more books. Have a read out loud time if you have children, even some older children like that, like husband & wives.

Remember do only what you want to do!

How can you do this detox thing?

Here are some suggestions if you really want to do this thing.

Start with a small, a short time you want to do this, like evening no phone calls about work, unless you are 24hr on-call.

Tell your friends you want to do this & ask for their help.

Turn off flags on emails.

Use your smart watch to read texts.

Don't read social media.

Buy an Alarm Clock,
don't use your phone.

No phone at dinner time.

Don't be hard on yourself if you goof up. You're trying, that is what is important! Remember you are a human being, give yourself a chance.

Join a book club-ESO.

Buy that book you wanted to read
& read it!



Write down in this space write some benefits to you if you do a digital detox. Use other things beside the ones in the booklet.

Make them personal.

How would a Digital Detox help you personally?

You have issues with falling to sleep at night? It may be because of the Blue lights that computers, tablets & phones give off. The CDC says that is a problem in the U.S.A.

Are you always waiting for that next issue or problem coming on your phone from someone? Life Coaches say that could be a problem.



Sleep is important. We all need a certain amount of sleep each night. Make sure you get yours.

You will feel better & be able to work or play harder & better with enough sleep.



You don't have to give up your digital devices all together!

It is just like everything else in life, you have to find your happy place. That place where you use the equipment & it doesn't use you.



Are you always on the phone, playing games, calling someone, texting or messaging someone? Do you let the digital devices in your life run you or are the boss of that phone, TV or Computer.

