

NATURE UNPLUGGED

A QUICK-START GUIDE TO
WELLNESS IN THE DIGITAL AGE
TIPS & MINI-CONTRACT



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QUICK START GUIDE: TIPS & MINI-CONTRACT

The purpose of this quick-start guide is to give you tips and tools to make changes right away. Consider this a starting point for wellness in the digital age. When you're done, we recommend printing this out and hanging it up!

7 TIPS FOR WELLNESS IN THE DIGITAL AGE

- 1. TECH FREE SPACES:** Designating spaces that are tech free or tech specific helps create and manage expectations of where you will and won't be using technology in your home.
- 2. HOME FOR YOUR PHONE:** Create a "Home for your Phone", or a place where your phone lives when you're not intentionally using it. It's where your phone goes and stays until you're ready to use it again.
- 3. DIGITAL CURFEW:** Creating tech free times, including digital curfews, is key in helping to create more structure and intention in your day.
- 4. BRING THE OUTSIDE INSIDE:** In addition to getting outside more, there are a few natural elements you can incorporate in your home to bring nature to you.
- 5. NATURE, UNPLUGGED EVERYDAY:** Make it a daily goal to spend at least 15 minutes in nature, unplugged. Put it on your calendar to keep it on your radar and part of your plan each day. Consider using natural or scheduled breaks at home, work or school.
- 6. MAKE TIME FOR PLAY:** Play is vitally important to our happiness, health, and creativity. Regardless of how old you are, finding time and space for play in your life is critical to your wellbeing.
- 7. PROTECT YOUR SLEEP:** Getting enough sleep helps your energy throughout the day and boosts your creativity, cognitive functioning and mood. The National Sleep Foundation recommends the following: Teenagers should sleep between 8-10 hours a night and Young Adults and Adults between 7-9 hours.

ARE YOU READY?

Complete the mini-contract on the next page to put these tips into action! You can do this individually, as partners or as a family. Rise above the digital distraction and begin to live with intention. Enjoy!

TECH-FREE SPACES

Manage expectations of where you will and won't be using technology in your home.

Phones, Computers, Tablets, and other smart technology are not allowed in the:

- Bedroom
- Dining Room Table
- Backyard
- Bathroom
- Kitchen
- _____
- _____

DIGITAL CURFEW

Creating tech free times is key in helping to create more structure and intention in your day.

Each morning, technology and devices will not be used before: _____ (AM)

Each evening, technology and devices will be put to sleep by: _____ (PM)

MAKE TIME FOR PLAY

Regardless of how old you are, finding time and space for play in your life is vital to our wellbeing.

I will find _____ (minutes/hours) for play every day. By play, I'm committing to a variety of analog activities that include:

- Sports
- Board games and puzzles
- Spikeball
- Ping-pong
- Capture the flag
- Hide-and-seek
- _____
- _____

HOME FOR YOUR PHONE

A place where your phone lives when you're not intentionally using it.

The home for my phone/our phones will be located:

- In a basket by the front door
- At a charging station in the living room
- _____

BRING THE OUTSIDE INSIDE

Incorporate natural elements in your home to bring nature to you.

I will invite nature into my home by incorporating the following:

- An indoor herb garden
- House plants, Air plants
- Natural scents/Oil diffuser
- Wooden furniture
- Natural decor
- _____

NATURE, UNPLUGGED

Put it on your calendar and make a plan to spend at least 15 minutes in nature, unplugged everyday!

I will spend at least _____ minutes everyday in nature, unplugged.

PROTECT YOUR SLEEP

Getting enough sleep helps you have better energy throughout the day and boosts your creativity, cognitive functioning and mood.

I commit to getting _____ hours of sleep every night. While this may vary, my aim is to be asleep from _____ to _____.

WELLNESS IN THE DIGITAL AGE

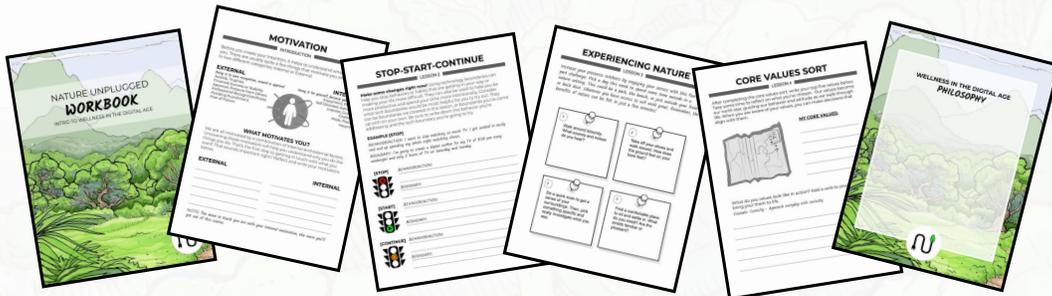
ONLINE INTRO COURSE



Think of this as a bootcamp to overhaul your relationship with technology and reclaim your free time. Break free from the clutches of technology overuse, rise above the digital distraction and engage with life in a whole new way.

This course includes:

The course includes 60 minutes of instruction and a 40 page workbook. You will be guided through six sections that include video lessons, supporting activities, exercises and reflections. While the content is self-paced, we recommend completing the course in one week or over the span of a month.



In the course we'll dive into:

- Why it's so hard to break away from our devices
- Tips and tools for finding balance with technology and screens
- The science behind why nature is a perfect antidote to increased technology and device use
- How to get in touch with what's important to you and reframe how you spend your time
- Create a Philosophy and Contract for Wellness in the Digital Age.

ENROLL TODAY!