



UNPLUG + RESET



A SIMPLE GUIDE TO DIGITAL DETOX



WHY UNPLUG?

In a world that's always connected, it's easy to feel overwhelmed, distracted, and drained by constant digital stimulation. Taking intentional time away from screens can help you reset your mind, restore your energy, and reconnect with yourself.

A digital detox isn't about completely unplugging forever—it's about creating intentional space for rest, mindfulness, and real-world connection. Whether you choose to unplug for an hour, a day, or longer, you will learn to reset your relationship with technology and cultivate a sense of calm in your daily life. This simple guide will help you create a soothing unplugged ritual to cultivate more presence and clarity.





STEP ONE

SET YOUR INTENTION

Before unplugging, take a moment to set an intention for your time away from digital distractions. Ask yourself:

- What do I want to experience during this break? (e.g., peace, clarity, creativity)
- How do I want to feel after unplugging?
- What mindful activity will I replace screen time with?

Write your intention here:

“During this time, I choose to...”



STEP TWO

CREATE YOUR UNPLUGGED RITUAL

Choose a time frame that feels good—whether it’s an hour, an evening, or a full day. Then, step away from screens and immerse yourself in the present moment with one or more of the following activities:



Make a ritual out of tea or coffee - Mindfully prepare and enjoy your drink. Savor the aroma, warmth, and taste.

Read a physical book or journal - Give your mind a break from digital input by reading or writing.

Go outside - Take a walk, sit in nature, or simply breathe in fresh air.

One-Minute hand massage - Rub your hands together, apply lotion or oil, and give yourself a quick, soothing massage.

Practice a mindful moment - Try breathwork, meditation, or gentle stretching.

Engage in creativity - Paint, draw, cook, or play an instrument—anything that feels nourishing.

Self-care time - Take a bath, do skincare, or relax with essential oils.

Tidy or organize a small space - Pick one drawer, shelf, or countertop and reset it. It's productive and gives your mind a break from digital noise.

Try a new recipe - Cook or bake something from scratch, fully immersing yourself in the process.

Call or visit a friend - Instead of scrolling, connect with someone in real life or have an old-fashioned phone call.

Take a walk without your phone - Even a 10-minute stroll without checking notifications can feel like a reset.

Listen to music without multitasking - Put on an album, sit back, and just enjoy it without doing anything else.





STEP THREE

REFLECT + INTEGRATE

After your unplugged time, take a few minutes to reflect:

- How did I feel during this experience?
- What was the most nourishing part of my time away from screens?
- How can I incorporate more unplugged moments into my daily life?

Jot down your thoughts or use this space for a gratitude note:

“I am grateful for...”

HERE ARE 10 SIMPLE WAYS TO STAY UNPLUGGED:

1. **Set Clear Boundaries:** Establish screen-free zones in your home (e.g., bedroom, dining table).
2. **Schedule Tech-Free Time:** Designate certain hours of the day for being offline.
3. **Start Your Day Without Screens:** Avoid checking your phone first thing in the morning.
4. **Create a Wind-Down Routine:** Reduce screen time at least an hour before bed.
5. **Use 'Do Not Disturb' Mode:** Silence notifications to minimize distractions.
6. **Take a Nature Break:** Spend time outside without your phone.
7. **Replace Scrolling with a Mindful Activity:** Read, meditate, journal, or practice yoga.
8. **Try a 24-Hour Digital Detox:** Pick one day a week to unplug completely.
9. **Unsubscribe & Declutter:** Reduce digital noise by unsubscribing from emails (quiet your inbox) and deleting unused apps.
10. **Be Present:** Engage fully in conversations and activities without distractions.

Unplugging is not about restriction—it's about creating space for presence and peace. The more you integrate moments of stillness, the more natural and restorative they become. Be kind to yourself and find a rhythm that works for you. Enjoy your time unplugged.





THANK YOU

Thank you so much for joining me on this journey! If you have any questions or are looking for more support, please don't hesitate to reach out. I can't wait to see you inside
The Embodied Ascension Course!

♥ Jen