

Here is mini digital detox you can try at home. Think of it as a reset ritual rather than a strict retreat. Here are some practical and flexible ideas for digital and dopamine detoxification ([www.healthylife.werindia.com](http://www.healthylife.werindia.com))

### **Step 1: Create boundaries**

1. **Pick a window of time:** Start small — maybe 3–4 hours in the evening or a half-day on the weekend.
2. **Physical separation:** Place your phone in another room or a drawer. Out of sight really does help.
3. **Signal the shift:** Light a candle, play calming music, or brew tea to mark the start of your detox.

### **Step 2: Replace screens with nourishing activities**

1. **Analog pleasures:** Read a physical book, write in a journal, sketch, or cook a meal.
2. **Movement:** Stretch, do yoga, or take a mindful walk without headphones.
3. **Connection:** Share a meal with family or call a friend on a landline (yes, retro counts!).
4. **Creative play:** Try painting, baking, or styling food/clothes — anything tactile that engages your senses.

### **Step 3: Dopamine reset (Light Version)**

1. **Avoid quick hits:** Skip social media, gaming, and constant snacking.
2. **Lean into slower rewards:** Gardening, puzzles, or cooking from scratch.
3. **Mindful silence:** Even 15 minutes of sitting quietly or meditating helps recalibrate your attention.

### **Step 4: End with reflection**

1. **Journal prompt:** “How did I feel without screens? What surprised me?”
2. **Sleep ritual:** End your detox with a tech-free wind-down — dim lights, herbal tea, and no devices in bed.
3. **Carry forward:** Notice one habit you’d like to keep daily (e.g., no phone at meals).

**Make your moment beautiful and memorable**

1. A cozy corner with cushions and soft throws.
2. A tray with healthy snacks and herbal drinks.
3. Coordinated outfits that makes you feel comfortable while you are enjoying your activities.