25 Ways to Take a Break from Technology

1. Be disciplined enough to go “unplugged” for at least a few hours each week
2. Read a book with actual paper pages
3. Turn off your cell phone while having dinner with a friend
4. Turn off all communications devices for 15 minutes - unwind & have a cup of tea
5. Leave your cell phone at home when going to the gym or run outside
6. Don’t start your day with technology or social media
7. Establish “tech-free” times of the day or areas of your home
8. Limit or remove notifications
9. Enjoy the time with your family without taking a picture to post for others to see
10. Sit down face to face with a friend
11. Go on a hike
12. Write a letter - the kind that you have to send with a stamp
13. Play outside with the kids
14. Invite friends over and make a meal together
15. Take a nap
16. Go for a swim
17. Play Frisbee
18. Volunteer
19. Surprise a neighbor - drop by and say hello
20. Play a board game
21. Remember what you did before you went online in 1992
22. Stay present with friends and family
23. Have a date night
24. Go out for an ice cream cone
25. Enjoy your food and leave the camera/phone at home or tuck it away someplace

Interesting Poll from Time Magazine:

*Time Mobility Poll*: 1 in 4 people check it (cell phone) every 30 minutes, 1 in 5 every 10 minutes. A third of respondents admitted that being without their mobile for even short periods leaves them feeling anxious. It is a form of sustenance, that constant feed of news and notes and nonsense, to the point that twice as many people would pick their phone over their lunch if forced to choose. Three-quarters of 25-to-29-year-olds sleep with their phones.

Full Article can be found here: [http://techland.time.com/2012/08/16/your-life-is-fully-mobile/](http://techland.time.com/2012/08/16/your-life-is-fully-mobile/)