

# The Digital Fast

## Detaching Recommendations

**SEPTEMBER 29TH - OCTOBER 5TH**

### **Detach**

- Create and write down your specific plan for the digital fast
- Share your plan with your family and community group
- Begin plan in the next day or two
- Fast begins Sept 29th (or in the next day or so) and ends October 27th (4 weeks)

### RECOMMENDATIONS FOR PHONE:

- **Turn off notifications**
- **Let your phone sleep in another room**
- **Make your smartphone dumb**
  - Move anything off your phone that can be accomplished on a computer
- **Limit digital technology to only work apps, during work hours**
  - Separate Distraction vs. Utility
    - Distraction examples: email, social media, news apps, games, a web browser, YouTube/video apps, Amazon/shopping
    - Utility examples: phone, text, calendar, airline apps, building/garage access, camera, weather
- **Use [“The Digital Fast”](#) book's daily devotional**
  - Free copies will be available to pick up in the lobby

### RECOMMENDATIONS FOR OTHER SCREENS:

- **Eliminate programs or devices that cause you unhealthy stress or negative emotion**
  - Stress
  - Anxiety
  - Fear
  - Anger
- **Limit or Eliminate all other screens for personal use that distract or time suck**
  - gaming devices
  - streaming devices
  - cable television
- **Pre-decide on general daily screen time limits**