

HEALTHY HINTS

Just for the HEALTH of it!™

WEEK TWO-Personal Well-being

Challenge: UNPLUG



“Like a muscle, the brain needs recovery time in order to develop and grow.”

7 days of detox

- Day 1: Turn off push notifications.
- Day 2: Unsubscribe from unwanted email lists.
- Day 3: Go out for dinner and leave your phone at home.
- Day 4: Delete apps you never use.
- Day 5: Don't look at or post to social media after 6 pm
- Day 6: Enjoy the moment – without jumping on Instagram to share it.
- Day 7: Pick up a paperback instead of a screen.

Go grab a BOOK! Let your imagination soar!

Bring a book and share! Take a trip to the library or bookstore!

You could even ride your bike around town and visit some “FREE LITTLE LIBRARIES!”

For BONUS, host or attend a book club!

<http://greatist.com/happiness/unplugging-social-media-email>

<http://www.oprah.com/app/books.html>

2/22/2017

