

You will likely feel the urge to check your phone during your digital detox. That's normal, and the urge gets easier to manage with practice. Print out this resource and use these coping strategies to help you through the moment.

1. Delay the Urge

- **Use the 15-minute rule:** Tell yourself you can check your phone in 15 minutes.
- **Ride the urge:** Notice the physical feeling of the craving.
- **Let the feeling pass:** Cravings usually peak and fade within minutes.
- **Take three deep breaths:** Disrupt the automatic impulse with conscious breathing.

2. Create Physical Friction

- **Hide the device:** Place your phone out of sight in a drawer, bag, or another room.
- **Power it down:** Turning it off makes checking it an effort.
- **Wrap a rubber band:** Place a band around the screen as a tactile reminder.

3. Substitute the Action

- **Do a quick stretch:** Move your body to break out of the "phone slouch" posture.
- **Doodle on scrap paper:** Engage your hands in a tactile, analog way.
- **Step outside for air:** Change your environment to reset your focus.

4. Interrogate the Craving

- **Identify the emotional root:** Are you feeling bored, anxious, or lonely?
- **Address the real need:** Take a walk if bored, take action if anxious, or call a friend if lonely.
- **Acknowledge the habit:** Realize your brain is just seeking cheap dopamine.