



DIGITAL DETOX

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“Disconnecting from the digital world isn’t as hard as you think—it’s the key to reconnecting with yourself.”

CURRENT RESEARCH:

A comprehensive review by Anandpara et al. (2024) examines the effectiveness of digital detox programs in enhancing well-being, social connections, and self-regulation. The study analyzed 21 trials involving 3,625 participants aged 18 to 55. It found that individuals often perceived the detox as easier and more pleasurable than expected, experiencing feelings of relief and enhanced self-awareness rather than hardship. Participants reported benefits such as improved sleep, reduced stress, better social connections, and healthier digital habits. Personalized limits, reduced alerts, and intentional screen breaks were highlighted as effective strategies for sustained success.

Anandpara G, Kharadi A, Vidya P, Chauhan Y, Mahajan S, Patel J. A Comprehensive Review on Digital Detox: A Newer Health and Wellness Trend in the Current Era. *Cureus*. 2024 Apr 25;16(4):e58719. doi: 10.7759/cureus.58719. PMID: 39774553 PMCID: PMC11109987.

Skill Practice: Create a “Detox List” with three things you can release — such as limiting beliefs, clutter, or toxic relationships.

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5 CREATIVE AND IMPACTFUL IDEAS:

1. **Nature Walk:** Spend an hour in nature without any devices—just observe, breathe, and be present.
2. **Mindful Journaling:** Write three pages about your thoughts, feelings, or gratitude without interruptions.
3. **Tech-Free Meals:** Enjoy meals without checking your phone or watching TV.
4. **Meditative Coloring:** Use a physical coloring book to relax your mind.
5. **Morning Without Screens:** Start your day with stretching, meditation, or quiet reflection instead of grabbing your phone.



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MINDFULNESS

Mandala coloring is a creative and meditative practice that involves filling intricate geometric patterns with colors. The word mandala originates from Sanskrit, meaning “circle,” symbolizing balance, harmony, and wholeness.

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