

# *Mini Digital Detox Weekend Guide*



*Gentle, Simple Practices to  
Recharge Your Mind & Body*

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# Introduction

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This weekend is your chance to step back from screens and give yourself the gift of calm. A mini digital detox doesn't mean cutting out technology forever – it simply means creating small, intentional pauses where you can rest, recharge, and reconnect with what truly matters.

Instead of endless notifications and scrolling, you'll fill your time with gentle practices that nurture your mind and body. Think of it as a reset button you can press whenever life feels overwhelming.



Remember: progress, not perfection. Even one hour offline can make a difference.

# Quick Prep Checklist

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Before you begin, take a few minutes to prepare. A little intention goes a long way.

Decide your intention

Do you want better sleep, more focus, or simply to recharge?

Choose your length

A couple of hours, a half-day, or a full weekend.

Tell someone

Let family or friends know you'll be less reachable.

Create your detox zone

Pick one calming spot in your home where screens are not allowed.



Gather your essentials:

- Journal + pen
- A good book or magazine
- Cozy blanket or pillow
- Herbal tea or coffee
- Candle or lamp
- Small basket for your phone/device



Think of this checklist as your gentle start line.

# Detox Activities Menu

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Instead of screens, fill your time with nourishing activities. Choose 3–5 that feel good for you:



## Journaling

Replace scrolling with reflection. Try prompts like “What brings me peace right now?” or “What does rest mean to me?”



## Mindful Walk

Step outside without headphones. Notice the sounds, colors, textures, and sensations around you.



## Mindful Drink Ritual

Prepare tea, coffee, or infused water. Sip slowly and pay attention to taste, warmth, and aroma.



## Bedtime Reset

Light a candle, stretch, or read before sleep. Swap your nighttime scrolling for a gentle wind-down.



## Creative Play

Replace scrolling with reflection. Try prompts like “What brings me peace right now?” or “What does rest mean to me?”



## Social Media Pause

Log out of one app or delete it for the weekend. Notice how often you reach for your phone.



## Read a Book

Choose a story or nonfiction title that inspires or calms you. Go screen-free while you dive in.

## Cook a Meal

Prepare something nourishing from scratch. Focus on the process, not just the result.

# Reflection Prompts

Take a few minutes during or after your detox to write about your experience:

- How does my body feel after being offline for a while?

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- Which activity brought me the most peace?



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- When I reach for my phone, what am I actually craving — distraction, connection, or calm?

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- What small screen-free habit would I like to carry into my weekly routine?



There are no wrong answers – just gentle observations to guide you forward.

# Closing & Next Step

A mini digital detox is about progress, not perfection. Even one screen-free hour can make a difference in your energy, focus, and peace of mind.

🌸 Be proud of yourself for choosing calm this weekend. If this reset helped you, consider making it a weekly ritual — like a Sunday night screen-free hour or a Saturday morning mindful walk. Small rhythms create lasting change.

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