



7- DAY SMARTPHONE

DETOX



MONDAY

Unfollow people who aren't your real friends, unsubscribe from unwanted email lists, and delete apps that you do not use.

TUESDAY

Turn off push notifications (automatic displays from apps like Facebook, messenger, twitter, snapchat, Instagram, email, text messages, etc.).



WEDNESDAY

Set up a charging station outside of your bedroom, and do not look at your phone an hour before bed.

THURSDAY

Resist the urge to look at your phone first thing in the morning.

FRIDAY

Go out to dinner but leave your phone at home or turn it off before your meal. Keep it turned off until your meal is done.



SATURDAY

Spend the day not looking at or posting anything on social media.

SUNDAY

Turn off your smartphone for the entire day.

For assistance or more information please contact a Métis Nation of Ontario Healing and Wellness worker in your area or our Gaming-Gambling Awareness Program (G-GAP) Provincial Coordinator | ggap@metisnation.org

www.metisgaming.com

Métis Nation
of Ontario 