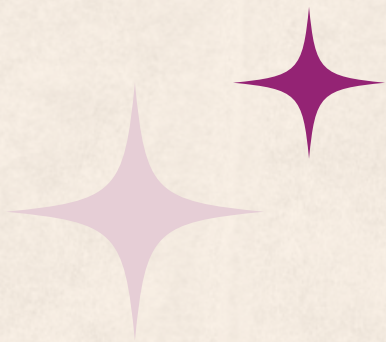




DIGITAL DETOX GUIDE



*For women,
girls, and
advocates*



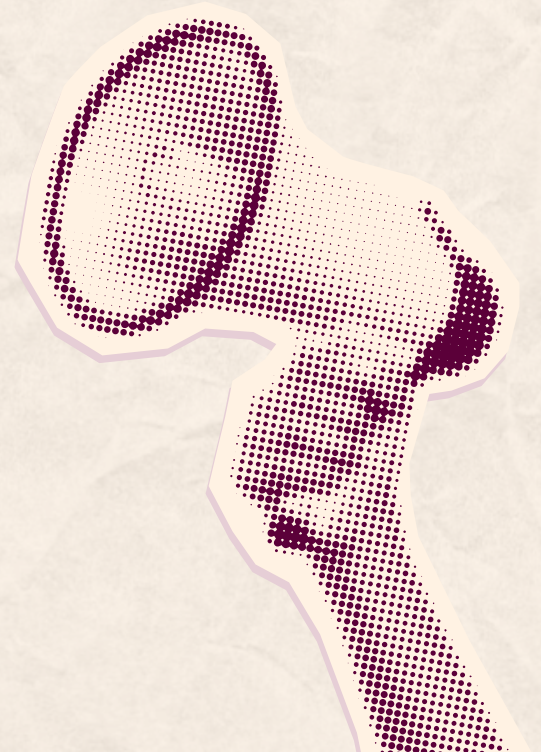
**We were never meant
to be “on” all the time.**

For girls, women, caregivers, educators, organizers, and advocates working toward a more equitable world, the emotional weight of being constantly connected can feel overwhelming.

Rest is not a distraction from the work.
Rest is part of sustaining it.

This guide is an invitation to slow down, reconnect with yourself, and create intentional moments offline.

You do not have to earn rest.





You might need a digital detox if...

- You feel emotionally drained after being online
- You constantly compare yourself to others online
- You feel pressure to always stay informed or “keep up”
- You feel guilty when you rest
- You feel anxious after scrolling the news or social media
- You feel overstimulated by constant information
- You cannot remember the last time you felt fully present





Creating healthy digital boundaries

Boundaries are not selfish. They are a form of care.

Try:

1. Turning off non-essential notifications
2. Muting accounts or conversations that overwhelm you
3. Taking breaks from heavy news cycles
4. Remembering that you are not required to respond immediately
5. Separating your worth from productivity or achievement
6. Try an Analog Activity in our guide (next page!)

You do not owe the internet constant access to you!





Write a handwritten letter to a loved one (or yourself!)

Watch the sunset or clouds without documenting it



Listen to an album from beginning to end

ANALOG ACTIVITIES

The Slow Down Edit



Use a disposable camera for a week



Buy yourself flowers

Take a long walk or practice yoga



Create a no-phone evening ritual





Learn a hands-on hobby like crocheting, sewing, or pottery



Have heart - worms.
halibut, minnows, sunfish.
small shad, small carp.
small snakes, small turtles.
Cut bait - Carp, silver, catfish.
rabbit meat, shrimp, Dai.
St.

Bake a recipe passed down from someone you love

Listen to local radio or a CD instead of your usual playlist

ANALOG ACTIVITIES

The Creative Reset Edit



Create a memory box with tickets, notes, and keepsakes

Make a vision board with magazine clippings (bonus: invite friends)

Paint badly on purpose



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The 24-Hour Detox Challenge

For the next 24 hours:

- ☐ No social media
- ☐ Put your phone away during meals
- ☐ Spend time outside
- ☐ Create something with your hands
- ☐ Rest without guilt
- ☐ Journal before bed
- ☐ Have one uninterrupted conversation
- ☐ Avoid doomscrolling
- ☐ Check in with your body and mind
- ☐ Make space for quiet
- ☐ After your detox, reflect: Notice what helped you feel more present, grounded, rested, or connected to yourself offline.



Stay Connected with GLOW

Stay connected with us through our newsletter and social media for:

- Educational content and resources on girls' rights and wellbeing
- Inspiring stories and perspectives from girls around the world
- Opportunities to connect, learn, and build community with fellow advocates and changemakers



Global Girls Glow



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