


# DIGITAL DETOX: DISCONNECT TO RECONNECT CHALLENGE



YMCA OF SAN DIEGO COUNTY

This May, take a break from the digital world and focus on what truly matters. Join our bingo challenge and make small steps towards unplugging and disconnecting from screen time. Use this time to connect with your loved ones and engage in activities that bring you joy and happiness. Our bingo card is filled with exciting challenges to keep you motivated. Let's disconnect to connect!

Check out a book from your local library.	Take a swim in the YMCA pool.	Go for a hike or a walk.	Take a group fitness class: Zumba.	Cook your favorite meal.
Volunteer.	Try a breathing technique.	Take a group fitness class: Body Pump.	Clean your space.	Don't use your phone after 9pm.
Break out the crayons and color.	Treat yourself.		Take a group fitness class: Cycling.	Plan a nature trip.
Go to the park, enjoy the weather.	Go to bed on time.	Take a group fitness class: Yoga.	Skip the alarm and sleep in.	Visit a loved one.
Drink more water.	Take a group fitness class: HIIT.	Do a braindump.	Unplug for 3 hours.	Wear your favorite outfit.

## Steps:

1. Check Screen time.
2. Set goals!
3. Replace this time with some activities in this Bingo Card!  
How many can you check off?
4. Reflect on how small changes can make a big impact.

## Tips:

- Put phone on airplane mode.
- Leave your phone in a drawer or area that helps create boundaries.
- Turn Off Notifications.
- Don't Use Your Phone After 9pm.
- Document your disconnect journey. At the end of each day, write down something about your experience with the process.

For more information: [www.ymcasd.org](http://www.ymcasd.org)

