



DIGITAL DETOX GUIDE

WHY DETOX? the greatsite

In an age where we're constantly connected, it's easy to forget the impact that social media and digital devices have on our mental well-being. The constant barrage of notifications, comparisons, and online pressure can leave us feeling overwhelmed, anxious, and disconnected from the present moment.

BY TAKING ON THE CHALLENGE YOU WILL HELP TO FUND:

Mental Health Support Groups: Offering a safe space for individuals to share, connect, and receive support.

Text Helpline: A confidential service for people who need someone to talk to, available 24/7.

Mental Health First Aid Training: Equipping individuals and organisations with the tools to support mental health in their communities.

FIND OUT MORE ABOUT TOUGH ENOUGH TO CARE

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HOW DETOXING CAN HELP YOUR MENTAL HEALTH

Reduce Stress and Anxiety

Constant exposure to social media can lead to heightened stress and anxiety. The endless stream of information and comparison can leave you feeling inadequate or overwhelmed. A digital detox allows you to step away and regain control, helping to lower stress levels and clear your mind.

Improve Mental Clarity and Focus

Taking a break from screens gives your brain the space to relax and recharge. When you're not distracted by notifications and digital noise, you can focus more clearly on what truly matters in your life.

Reconnect with the Present Moment

We often get so wrapped up in the digital world that we miss out on real-life experiences. A detox allows you to engage more fully with the people and activities around you—whether it's spending time with loved ones, enjoying nature, or pursuing a hobby that brings you joy.

Enhance Sleep Quality

The blue light emitted by screens can interfere with your sleep patterns, making it harder to fall and stay asleep. By stepping away from devices, especially before bedtime, you can improve your sleep quality and wake up feeling refreshed.

Promote Better Self-Care and Mental Health

A digital detox is not just about disconnecting from technology; it's about reconnecting with yourself. It provides an opportunity to focus on your mental health practice self-care, and engage in activities that promote overall well-being.

HOW TO DETOX

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1. Set Clear Intentions

Before starting your detox, take a moment to reflect on why you're doing this. Do you want to reduce stress, improve your focus, or simply reconnect with yourself? Write down your intentions to help stay motivated throughout the process.

2. Define Your Detox Timeframe

Decide how long you want to detox. It could be anything from a few hours a day to a full weekend or week. Start small if you're new to this, and gradually increase the time as you get more comfortable. Pro Tip: A weekend or 24-hour detox is a great starting point. You can always extend it as you progress.

3. Identify Your Digital Triggers

Identify the apps or websites that consume the most of your time and energy. Is it social media? News sites? Streaming services? Knowing your triggers will help you create better boundaries and focus your efforts on eliminating the distractions that affect your mental health the most.

4. Replace Screen Time with Healthy Alternatives

Use the time you would typically spend online to engage in activities that promote mental well-being. Here are some ideas:

- Exercise: Take a walk, do yoga, or engage in a sport.
- Self-care: Meditate, journal, or take a relaxing bath.
- Creative pursuits: Read, write, draw, or engage in a hobby you've neglected.
- Spend quality time with others: Reconnect with loved ones in person or have meaningful conversations without distractions.

HOW YOUR FUNDS HELP by @atsite

£5 provides refreshments at 1 support group - A warm drink or a small snack can create a welcoming and comforting atmosphere, breaking the ice and helping people feel at ease in what can sometimes be difficult conversations.

£50 provides 2,500 text support cards handed out in communities across the UK—Our text support cards are a simple yet impactful way to let people know that help is always just a message away. These cards, distributed across communities, ensure that those who might be struggling know they can text TOUGH to 85258 anytime for free, confidential support.

£250 provides full training for a new peer support facilitator—Peer support groups are a lifeline for many, offering a safe space to share experiences and find strength in the company of others. At the heart of these groups are our trained facilitators—individuals who guide conversations, build trust, and ensure every voice is heard.

£20 provides room hire for 1 week per support group— Having a private and secure space makes all the difference, creating a comfortable environment where participants can open up without distractions.

£150 pays for our information support phones for 1 month - Our text helpline offers a safe and confidential space for anyone struggling with their mental health. By simply texting TOUGH to 85258, people are instantly connected to trained mental health volunteers who provide support, guidance, and a listening ear—anytime, day or night.

This lifeline is often a first step for those who might feel unable to speak out loud about their struggles. Through text, they can find comfort and reassurance in moments of crisis, all while remaining anonymous.