# Declutter Your Mind from Digital Chaos

How many hours did you spend this week staring at a screen? If you're like most Americans, you spend hours each week scrolling social media and even more time staring at screens or phones while you're at work.

In a digital world, it's easy to get our minds crowded with what's going on in social media and getting to the next level in League of Legends. Many Americans spend up to 8 to 10 hours a day staring at a screen, and it takes its toll on their mental health.

A digital detox helps you unplug from the matrix and reset your mind. Here are a few tips to help you declutter from the digital chaos in your life.

## Take Regular Walks

Exercise gets the blood moving and clears neural pathways in the brain. It's a metabolic booster that keeps your body in shape and your mind sharp. Get in a 15 to 20-minute walk each morning, preferably in a nice environment, not next to the side of a road. By getting out into nature, you connect with the universe and release the bad energy building up in your mind.

## Get Out More Often

Get outdoors more often and focus on having new experiences that don't involve digital interactions. A walk is a good place to start, but get in the car and travel to a national park for a picnic. Enjoy the great outdoors and breathe in some fresh air to revitalize your mind and body.

## Have More Physical Interactions

Get out into the real world and meet more people in a face-to-face environment. You don't need to meet people through social media to have a good time. There are plenty of venues where you can arrive and meet new people. Take a kayak trip or sunset cruise down a river, go on an organized hike, or just go bowling at the local lanes.

## Take a Digital Detox Retreat

Make a conscious effort to look at your phone less. Install a tracking app and try to whittle down your screen time each week until you feel it's making a difference. While it's impossible to eliminate screens entirely, you can be conscious about how much time you spend staring at them.

## Don't Stare at Screens Before Bed

Don't look at your phone or watch TV an hour before bed. If you must watch a movie, wear blue-light-blocking glasses to reduce exposure. Download a sleep-tracking app and monitor your rest to stay accountable for your sleep.