

Traveler Tip List

Practical tricks and exercises to aid the journey to recovery from digital media misuse.



Written by humans, for humans

<https://syntropic-foundation.org>

Device Usage Habits

- Always set a timer for on-device activity; we recommend a pomodoro break schedule: do blocks of 25 minutes of work, 5 minutes of break.
- Keep at least one day of minimal (preferably zero) digital media usage per week; let your mind rest from screentime exposure, use paper and pencil.
- Stay off a device before going to bed for 30-60 minutes as blue light from screens hurts sleep quality; read a paper book or plan out the next day.

Progress & Planning

- Periodically (perhaps each evening) take a moment to encourage yourself undertaking this challenge: remember how digital misuse harms you, remember you don't want to hurt anymore, remember you can be free.
- Each day recount times when you successfully resisted urges or when you fell into them: try to identify triggers that caused the urge, or things you tried in response that worked or didn't work;

Defenses Countering Urges

- Find a replacement activity: a good book, a physical hobby, an exercise routine; spend time outside, away from devices which induce triggers.
- Set restraints: give device control to trusted ones or block sites or apps on home network; make it difficult to get immediate gratification.
- Tell trusted ones when in need of help or if you tripped; there is no shame in going to help when you need it - people are here to help each other.