

Digital Wellness

BINGO

No
phone
at
dinner

Go
outside
for 30
minutes

Invite a
friend to do
something
screen-free

Draw or
doodle
for 10
minutes

Read a
book
for 20
minutes

Turn off
notifications
for all apps

Take a
mindful
walk

Share one
digital
wellness
tip with
someone

Ask Ginko
or other
expert a
question

Listen to a
podcast
instead of
scrolling

Delete an
app that
no longer
serves
you

Do a
5-min
breathing
exercise

Ask a
family
member
about their
day

Write in
a
journal

Try a
new
hobby
offline

Screen-
free
morning
routine

Drink only
water
today

Play a
board or
card
game

Bake or
cook
with
family

Call a
friend
instead
of
texting

No
screens
1 hr
before
bed

Try a
new fruit
or veggie

Encourage
a friend to
unplug

Make a
gratitude
list

Hand
write a
note to a
friend



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EmpowerMe Digital

