

# NATIONAL DAY OF UNPLUGGING

March 7 is the National Day of Unplugging,

a day where we peel our eyes from the digital screens that distract us and focus on connecting with ourselves, our loved ones and our communities. *So, what are you supposed to do with a whole day's worth of time?* Worry not, we've got ideas to help you make the most of this opportunity.

## CONNECT *with yourself*



### *Improve your surroundings*

Finish the DIY projects you've been putting off, rearrange your furniture or do some decluttering. A little work can make your living space feel *new and refreshing*.



### *Get out the ol' pen and paper*

Write a journal entry to work through some emotions. Or maybe you've got an anecdote you want to remember, to be the hit of the next party. Write some fiction or draw the weird creature you dream up. **Go nuts!** You can toss it in the recycle bin when you're done and nobody needs to know.



### *Practice makes perfect*

You can't look at any screens, but you *can* look at a mirror. Practice your best facial expressions. What new expressions can you add to your arsenal? See how close you can get to touching your nose with your tongue. Help your *wonderful* face reach its potential.

## CONNECT *with your loved ones*



### *Board games*

At first glance this may seem like a really boring idea. But the world of board games is in the midst of a renaissance! You still have the classics you grew up with, but there are *innovative and exciting* new games hitting the market. And many of them are even fun!



### *Team work makes the dream work*

Take turns adding one sentence to a story your group all makes up together. It's *fun* to see what direction the story will take by the time it comes back to your turn. You may have a bestseller on your hands when you're done.



### *The thrill of the hunt*

Combine the thrill of mild competition with the joy of completing tasks. Create a list of items, or categories of items to find and see who can check off the list the fastest. Or, set up a *treasure hunt*. Hide an object someplace and arrange a series of clues. The first clue leads to the second clue, which leads to the third clue, and so on until the final clue leads to the hidden object.

## CONNECT *with your community*



### *Go outside*

*It's almost spring*, and you've been cooped up for months. Go outside. Sure, March can still be cold, but it's *probably* not as cold as January was, so bundle up and take in the majesty of your neighborhood. Greet your neighbors with a smile. Winter is almost over, and you've all survived it together!



### *Volunteer*

Few things are more rewarding than helping out others. Whether you're helping your local parks and recreation department coach a youth sports league, or providing needed social services to people who are less fortunate than you, if you spend your day helping others, you will almost certainly look back at your day as one *well spent*.



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