



FREE PRACTICAL TOOL

A Digital Boundaries Plan

A simple reset for when messages, news, social media, or notifications are adding to your overwhelm.

Start here

- 1 Choose one time window to check messages instead of staying available all day.
- 2 Mute, unfollow, or pause accounts that leave you feeling worse.
- 3 Create a short “not right now” response for messages you cannot answer immediately.
- 4 Replace one scroll habit with a grounding action: stretch, step outside, call someone, or rest.

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