

Dopamine detox *checklist*

A dopamine detox is a planned break from cheap, endless stimulation like short videos, scrolling and online shopping, so normal life feels good again. (You can't lower dopamine itself. It's about resetting habits.)

CHOOSE YOUR LEVEL

- **Mini:** a 2-3 hour block, once a week
- **Day:** one full day, phone mostly off
- **Daily limit:** social media under 30 min a day for 3 weeks

In a 2018 study, students who cut social media to about 30 minutes a day for three weeks reported less loneliness and depression.

AVOID DURING THE DETOX

- Short videos: TikTok, Reels, Shorts
- Endless scrolling and refreshing
- Online shopping and browsing
- Gaming and binge-watching
- Junk food as entertainment

AFTER: WHAT I NOTICED

PREP CHECKLIST

- ☐ Pick your day/time and write it down
- ☐ Tell friends you'll be offline
- ☐ Turn off all non-essential notifications
- ☐ Log out of or offload the apps
- ☐ Set app limits for after the detox
- ☐ Plan what you'll do instead (menu, page 2)
- ☐ Put your phone in another room

ALLOWED AND ENCOURAGED

- Walking outside, no headphones
- Reading a paper book
- Journaling
- Cooking a real meal
- Stretching, yoga, a workout
- Talking to people in person
- Napping or just resting

My dopamine *menu*

A menu of things that genuinely lift your mood, so you pick one instead of opening an app. Fill it when you feel good.

STARTERS · 5 MINUTES

Quick boosts

- Step outside
- Make a tea
- Stretch for 5 minutes
- Text a friend

MAINS · 30-120 MINUTES

Real fuel

- Walk without your phone
- Cook something good
- Read a chapter
- A workout you enjoy

SIDES

Add to anything

- A good playlist
- A candle or nice light
- A cosy blanket

DESSERTS · IN MODERATION

Feels good, doesn't fill you

- Scrolling (set a timer)
- An episode of a show
- Browsing online

SPECIALS · PLAN AHEAD

Bigger joys

- A day trip
- Dinner with friends
- A class or concert

Keep your detox going

Clear Mind and Focus Era in Habpic help you cut screen time, with a phone-free-hour habit and daily check-ins.

Search "Habpic"
App Store · Google Play