May is Mental Health Awareness Month. Join us as we raise awareness and take time out of our day to check up on ourselves and our loved ones.

Be a part of this #DigitalDetox so that you can spend more time having fun, creating, playing, relaxing, and being the artist that we all are.

Here are some helpful tips that you can do all month long:

- Give your devices a break when having a meal, especially around friends and family.

- Instead of watching TV, break out that board game that you love or open up that book that you've been wanting to read.

- Turn off push notifications on those social media apps.

- Use your library card to check out passes to local museums with the Discover & Go program: smcl.discoverandgo.net

- Use an app to limit and monitor screen time (Apple iPhone's built-in Screen Time or Android's Digital Wellbeing).

- Get outside! Go for a hike, have a picnic in the park, or play a sport. Bring your phone in case of an emergency, but try not to use it during your outdoor time.

Name: _____

Phone: _____

smcl.org

DIGITAL DETOX

April 29 - May 5, 2019

Activity Log

San Mateo County Libraries

We understand that smartphones are an important tool in our daily lives, but we also know how easy it is to spend too much time on our devices! We can learn to be more conscious of how we use our phones, especially around family and friends.

Join the #DigitalDetox by keeping track of your device-free activities throughout this week for a chance to win some awesome raffle prizes! Prizes include: a LEGO Duplo Set, a Deluxe Art Kit, and an Instax Analog Camera.

DIGITAL DETOX

Activity Log

Keep track of your device-free activities from April 29 - May 5. You can draw or write about the activities you do by yourself, with friends, or with family. When you are finished, bring this log to your local library the following week for a chance to win one of our awesome raffle prizes!

Monday, April 29

Tuesday, April 30

Wednesday, May 1

Thursday, May 2

Friday, May 3

Saturday, May 4

Sunday, May 5