

sixty things you can do without a smartphone

This is a **little better zine**.

It doesn't have the solutions to your big problems, but the skills inside can make coping a **little** easier when life is difficult.

Learn more at **littlebetterzine.com**

Doing meaningful activities without my smartphone is important to me because:

Smartphones are an unavoidable part of life for many people. We use smartphones for school, work, and productivity. We also use them for entertainment, leisure, and connection.

Unfortunately, smartphones can intrude into our lives in unwanted ways. Attending at all times to calls, texts, and notifications can increase stress and make it difficult to rest.

Social media is another common source of smartphone-related stress. Social media attracts and holds our attention by showing us media content in unpredictable ways.

Content we view on social media may be exciting, funny, comforting, or upsetting. But usually we can't predict or control exactly what content we see and when we see it. This unpredictability is what makes social media so habit-forming. The unpredictability of social media can also make us feel that our emotions are less manageable when using a smartphone.

Many people find that occasional smartphone breaks are beneficial. The following list includes sixty activities you can do without a smartphone.

These are activities you can do by yourself or with someone else. While they may take some time and planning, these activities are mostly free or low-cost.

1. Change into a favorite outfit
2. Color
3. Crochet or knit
4. Dance
5. Decorate your space
6. Do a puzzle
7. Donate to a worthy cause
8. Exercise, gently or intensely
9. Finish a dull task you were avoiding, then reward yourself
10. Follow a recipe

11. Go outside, watch the birds, visit a favorite tree, follow a stream, engage all five senses in nature
12. Hang out with a pet
13. Indulge in your skincare routine, taking your time
14. Journal
15. Learn to bake something delicious
16. Listen to music without distractions
17. Make a cup of tea and savor it
18. Make a plan to help someone else
19. Make a small gift
20. Make flash cards for knowledge you want to learn
21. Meditate
22. Moisturize
23. Notice what you miss about your smartphone
24. Notice what you don't miss about your smartphone
25. Observe your emotions without judgment
26. Organize one shelf, drawer, cabinet, closet, or other area
27. Paint by numbers
28. Plan a special meal
29. Play a musical instrument
30. Pour out a libation
31. Practice a religious or cultural tradition that you don't normally practice
32. Pray
33. Purchase one flower
34. Put clean sheets on your bed
35. Rank all your snack options and eat the best one

36. Read a magazine or newspaper
37. Read a book about your ancestors
38. Read a poem out loud
39. Read a sacred text
40. Rearrange your room
41. Rest without distraction or guilt
42. Rewatch a favorite childhood movie
43. Schedule a visit with a friend or loved one
44. Sing
45. Soak your feet
46. Start a project
47. Stretch whatever feels tense
48. Take a long hot shower or bath
49. Tidy the space where you relax
50. Tidy the space where you work
51. Trim, file, paint your nails
52. Vision board
53. Visit a library
54. Visit a museum
55. Visit a park
56. Volunteer
57. Walk in a familiar place, pretending it is the very first time you've been there
58. Wash your hair
59. Watch an interesting documentary
60. Write a thank you card