

DIGITAL
MINDFULNESS
POCKETBOOK

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A Guide for Colleagues



Unplug, Be Present

DIGITAL MINDFULNESS

Creating life in balance begins with being fully present and engaged in the moment.

*You control your intentions.
Make the most of them.*

WELCOME TO MIRAVAL MODE

Mindfulness is the core of the Miraval philosophy. In everything we do, we encourage our guests to live in the present moment, conscious of the unique intersection of mind, body, and spirit.

Our digital device-free policy lets guests participate in the Miraval experience free of distraction — and gives them permission to unplug. We ask everyone to use technology only in designated locations to practice being mindful of the moment and respectful of fellow guests.

It can be challenging to approach guests who use a device where it is not permitted. Please try using some of these colleague best practices when helping our guests understand our intention.



IT'S NOT WHAT YOU SAY

7% of meaning is in the words
that are spoken

38% of meaning is paralinguistic
(the way that the words are said)

55% of meaning is in facial expression*

BUT HOW YOU SAY IT



Some guests may be apprehensive or resistant to our policy. Here are a few suggestions you can use to respond.

- Put the guest at ease by acknowledging that this practice might be new to them, and pointing out areas where they CAN use their devices.
- Focus on their itinerary: “Look at all the unique experiences you can look forward to while you’re here.”
- Gently remind them that our cell phone sleeping bags allow their phones to rest: “It’s our gift to you.”
- Remind them of our Miraval motto: “Unplug and be Present.”
- Encourage guests that “there is so much to see when you’re not distracted by your phone.”
- Approach someone who is preoccupied with their phone with: “I just wanted to make sure everything is ok.”
- Reassure guests that: “We have helpful out-of-office messages we can offer to help you be mindful.”
- In case of an emergency, you can say: “I understand it is an emergency. There is a designated area just this way.” Point or escort them to an area where they can have privacy and use their phone.

- Encourage guests to use their phones to take photos now and post them later. Urge them to stay away from calls, texts, or social media so they can stay in the moment.
- “We want you to fully engage with all that your Miraval experience has to offer!”





INTRODUCING *Catherine Price*

Catherine Price is Miraval's Digital Wellness Ambassador, founder of Screen/Life Balance®, and author of books including *How to Break Up With Your Phone* and *The Power of Fun: How to Feel Alive Again*. She helps people learn how to scroll less and live more.

According to Catherine, our goal shouldn't be to completely abandon our devices—that would be impractical and undesirable in many cases. But there is ample evidence that if we want to care for our mental and physical wellbeing, it's important to take breaks. Miraval Mode provides an excellent opportunity to practice stepping away from constant connectivity and experiencing some of these benefits for yourself.

Read on for more information on how intentional breaks can benefit us—plus some tips for taking these practices home. Feel free to share these helpful tips with guests.



MENTAL WELLBEING

Our smartphones are amazing tools, but today, most of us can't go very long without checking our devices. Here's how to become more intentional about your use at Miraval and in your daily life.

SET BOUNDARIES: Decide ahead of time when, for how long, and for what purpose you want to check your phone. During designated times, keep your phone on airplane mode. Set an example for our guests and give yourself permission to unplug from work at home.

MAKE A PLAN: Set an email auto-response and change your outgoing voicemail message to let people know you are unavailable. We offer out-of-office messages and screensavers for colleagues. You can use them yourself and set a plan for emergencies by offering Miraval's main phone number as a contact.

CREATE A SPEED BUMP: To prevent reaching for your phone on autopilot (and getting sucked into a 45-minute spiral), put a rubber band or hair tie around your phone. Then, when you encounter the band, you'll be reminded to notice that you picked up your phone—and can ask if doing so is really what you want to do. You can show guests your tactic and suggest they do the same if they are struggling with Miraval Mode.



SLEEP & STRESS

Many of us stay up scrolling far later than intended—and, in so doing, rob ourselves of much-needed sleep.

What's more, the bright light from our screens tells our brains to wake just when they should be winding down. Here are some suggestions for getting the rest that you need—and deserve. Remember, you can use these tips to set yourself up for success and pass them on to guests as well.

USE A STANDALONE ALARM CLOCK:

To silence an alarm, you need to touch it. This means that if your phone is your alarm clock, you are guaranteeing that it will be the first thing you interact with in the morning.

SET A “BEDTIME” FOR YOUR PHONE:

A 30-60 minute reminder before bedtime lets you recover from screen light and content stimulation and helps you fall asleep.

CHARGE YOUR PHONE OUT OF

ARM'S REACH: Use a case or put your cell phone in a separate room so that it can get some rest, too!

FIND AN ALTERNATIVE ACTIVITY:

Replace time you would usually spend scrolling before bed with something else. We recommend meditating, reading, taking a bath, or journaling about your day.



LEADERSHIP

Technology is a double-edged sword. It lets us log in remotely and work from anywhere but it also keeps many of us perpetually tethered, even when we need a break. Our societies lack of guidelines for digital etiquette makes it hard to create healthy boundaries with our devices. Hopefully, Miraval's leadership can set the tone to help you navigate digital mindfulness.

Here's how to use intentionality to make you more productive and focused—and present in your life.

DO ONE THING AT A TIME: Whether at work or play, we often try to do more than one thing at once. As a result, we are often physically present but mentally somewhere else. Ease up on multitasking and practice being fully present. When you're eating a meal, focus on savoring the flavors. When you are walking outside, notice at least three details about the sights, sounds, and smells that you encounter. You can also remind our guests to do the same.

EMBRACE MIRAVAL MODE: We know that taking breaks from our devices can be challenging. But we also know how valuable the experience can be—both at Miraval and at home. Giving yourself permission to unplug is just as valuable as allowing our guests to do so.



SOCIAL MEDIA

Despite the claim that social media apps exist to “connect” us, they can also make us feel isolated and alone. When we spend too much time on them, we trade authenticity for likes, self-worth for external validation, and real-life community for online followers.

Use these suggestions for becoming more intentional with your time. Use these for yourself and to encourage guests to stay in the preset moment. Remind guests to “live now, post later.”

CHECK IN WITH YOURSELF:

When you’re using a social media app, ask yourself: Does this make me feel good or bad? Am I living right now—or am I performing?

LIVE NOW, POST LATER: Take photographs of your experiences, but don’t get pulled out of the moment by immediately posting to social media. Designate a time to do that later.

DELETE THE APP: If an app is not on your phone, you can’t be distracted by it. While you’re at Miraval—and perhaps when you’re at home, too—consider deleting the apps you find the most tempting. You can always reinstall them if you want or need to use them.

AND REMEMBER: If you’re on social media, you’re not in your life. Our minds can’t be two places at once. If you’re staring down at your phone, you’re missing everything beyond the screen.



*Thank you for taking the time to learn more
about digital mindfulness and offering a
respectful focus for all.*

FOR ADDITIONAL DIGITAL
MINDFULNESS TOOLS VISIT:

www.MiravalResorts.com/Digital-Mindfulness/

MIRAVAL®

*Mehrabian, A. (1981) Silent messages: Implicit communication of emotions and attitudes. Belmont, CA: Wadsworth (currently distributed by Albert Mehrabian, email: am@kaaj.com)

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