

DIGITAL
MINDFULNESS

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A Life in Balance Guide

M/RAVAL®

Unplug, Be Present

DIGITAL MINDFULNESS

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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 Resorts philosophy. In
everything we do, we encourage
you to live in the present moment,
conscious of the unique intersection
of mind, body, and spirit.

Our digital device-free policy lets
you participate in the Miraval
Experience free of distraction — and
gives you permission to unplug.

It can be challenging to unplug and resist the urge to check your digital device. We encourage you to remember why you chose to visit Miraval Resorts.

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Honor your intention by giving yourself space from digital devices, especially when they tend to distract you from the present moment.

JOURNAL PROMPTS

Jot down a few answers here and return to these questions throughout your stay to continue journaling.

1. What is my intention for being here (*relaxation, reconnection, contemplation*)?
2. Does Miraval Mode contribute to my experience in a positive way?
3. What do I want to take home with me (*new mindset, skills, techniques, and tools*)?

7% of meaning is in
the words we speak.

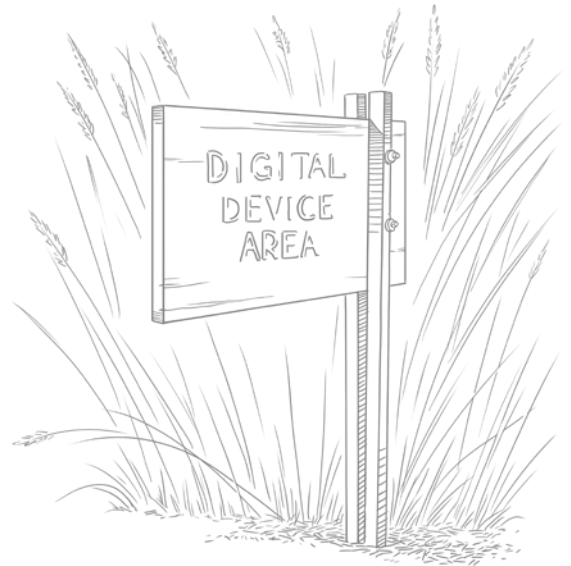
38% of meaning is in
our facial expressions.

55% of meaning is in
how we say those words.

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HOW DO YOU WANT TO COMMUNICATE?

Be aware of the meaning and
authenticity of in-person vs.
digital connections.



#LIVENOWPOSTLATER

We're not asking you to abandon your digital life. You can balance it with your real-life connections. Experience each in-person moment now and share it on the screen later.

1. Use your phone to take photos now *(and post them later)*.
2. Save your social media download *(until after you depart the resort or retire to your room)*.
3. Use #livenowpostlater *(to share the message of Miraval Mode in your post)*.

MINDFUL REMINDERS

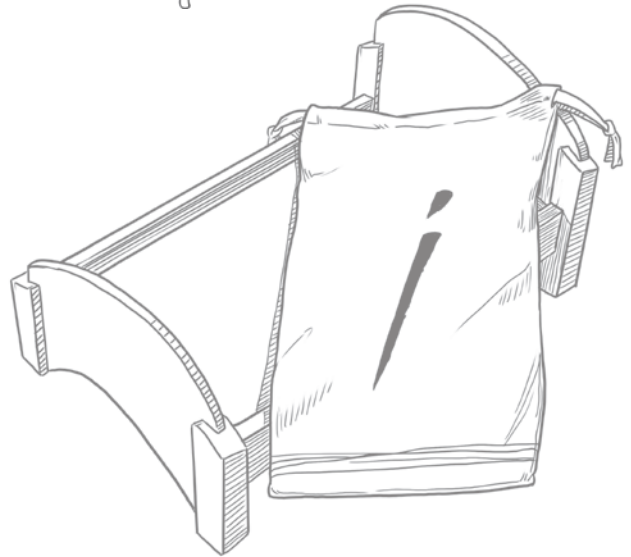
- Remember our motto: "Unplug and be Present."
- Enjoy the natural beauty and contemplative spaces surrounding you without digital distractions.
- Fully engage with all that your Miraval experience has to offer.
- This might be a new practice. Don't worry, you *can* use your digital devices in designated areas. Check the back of your guide.

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.



*unplug &
be present*



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*Read more for Digital Wellness
tips and techniques from Miraval Resorts
and Catherine Price.*

mental wellbeing

Here are Catherine's tips for elevating your mental wellbeing by becoming more intentional about using your devices.

SET BOUNDARIES

During designated times, keep your phone on airplane mode. Jot down the moments of your day you want to keep clear of digital distraction.

BRING IT HOME

Miraval Resorts offer out-of-office messages and screensaver reminders for living in the moment that you can download at www.miravalresorts.com.

sleep & stress

We all need better sleep.

Use Catherine's tips for reducing stress and increasing the quality of your sleep by paying attention to your digital usage.

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YOUR SLEEP ROUTINE

Use this checklist to set up your sleep sanctuary at Miraval Resorts and at home.

- Set a bedtime for your phone.
- Designate a spot to charge your phone out of arm's reach.
- Use your Miraval Resorts cellphone sleeping bag to give your phone a place to rest.
- Use a standalone or analog alarm clock instead of your phone.
- Find an alternate activity that doesn't include a screen 30 to 60 minutes before bed.
- Meditate, read, take a bath, or journal about your day.

Ease up on multi-tasking.

Focus on savoring
mealttime flavors.

Move
outside
in nature.

*Practice being
fully present.*

work-life balance

Pause & reflect
on your day in a
quiet space.

*Take breaks from
your devices.*

Use all
5 senses to set
yourself up
for success.

Creating work-life balance can be a juggling act. Use Catherine's tips to make you more productive and present in your work and home life.

EMBRACE MIRAVAL MODE

Organize your thoughts visually while letting them flow freely on the page. Use this example of visual journaling to create your own style that reflects your work-life balance goals.

social media

Use these suggestions from Catherine for becoming more intentional with your time spent on social media.



CHECK IN WITH YOURSELF

De-clutter your screen and delete the apps you don't use. Consider removing an app that isn't serving you and silencing notifications that distract you.

SOCIAL MEDIA TRACKER

Ask yourself how you feel when you use social media. We created this tool to help you track your social media usage and stick to your goals.

Day

Time Spent

GOAL

ACTUAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	GOAL	ACTUAL
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

“Living in
the moment
is a *gift*.”

That’s why
they call it
the *present*.”

- Ted Lasso



FOR ADDITIONAL DIGITAL
MINDFULNESS TOOLS, VISIT:

www.MiravalResorts.com/Digital-Mindfulness/

*Mehrabian, A. (1981) Silent messages: Implicit communication of emotions and attitudes.

Belmont, CA: Wadsworth (currently distributed by Albert Mehrabian, email: am@kaaj.com)

MIRAVAL®

MIRAVALRESORTS.COM