

I TRIED IT

## The Digital Detox

Is it *really* possible to unplug for a day?

I ALWAYS THOUGHT I COULD PUT MY PHONE down for a few hours if I really wanted to. But it took being assigned a story about holing up in a tiny house in the woods for me to actually do it.

I'm not alone in my tech addiction: In fact, almost half of smartphone owners consider the devices something they "can't live without." That's why Harvard-born Getaway was founded: to encourage a plugged-in generation to relinquish their screens and just be. Launched in 2015 and rapidly expanding, the startup rents tech-free cabins (read: no WiFi and spotty cell service) in the wilds of New Hampshire, each complete with a kitchenette, a bathroom, a bed, a fire pit, and, yes, a cell-phone lock box.

I drove 70 miles without stopping one fall day to reach this disconnected paradise. After settling in, I did the thing I was most anxious about—I locked my precious iPhone in that box. For the next 20 hours, at least, I was determined to enjoy a tech detox.

Sleek, modern, and steeped in hygge, my 160-square-foot Getaway cabin made that almost too easy, thanks to an ultra-comfy bed overlooking the wilderness from a floor-to-ceiling window. Once I was free from the shackles of Twitter notifications, I lit a candle, wrapped myself in a provided Pendleton blanket, and flipped through a booklet filled with ideas about how to pass the time. Did I really need a set of written instructions to help me relax? Yes, I did.

The guide contained tips for meditating and building a campfire, among other suggestions. I did all of it and then some, because time passes slowly when your brain isn't running at a mile a minute. I breezed through a book—a real, paper book, not one on my Kindle—and made s'mores, while instinctively reaching for my phone, stored a few feet away, only a handful of times.

When it was all over, I removed my phone from the box, convinced that I didn't need it after all...until I found myself Instagramming that perfectly tousled bed. —*Madeline Bilis*



Nothing to do but sip tea, read, and commune with nature: Getaway's New Hampshire cabins offer the ultimate unplugged weekend.



### SMASH SOMETHING

An invigorating massage is a great way to calm the mind, but sometimes you really just need to take a bat to something. **Smash the Room** lets you do just that—without getting arrested. Reopening in Worcester in early 2019, the newly expanded rage-room facility invites visitors to don masks, goggles, and protective suits and destroy breakables with their weapon of choice. Starting at \$20, it's certainly cheaper than therapy. —*Kara Baskin*

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### ZEN AND THE ART OF...

*Forget all the things you should be doing and let your mind wander and your fingers play.*

#### Painting

Channel your inner Bob Ross with beginner painting or drawing lessons at Somerville's **Art School 99**.

#### Flower Arranging

Yes, mindful flower arranging is a thing, and yes, it's worth

doing for its relaxation benefits. Try a workshop at the South End's **Table & Tulip**.

#### Crafting

Make DIY wreaths, wicker baskets, and more at the **Boston Center for Adult Education**. —*Abby Bielagus*



## HOW TO MEDITATE AT WORK

You don't need an extra-long lunch break to practice mindfulness every day. Here, a step-by-step guide from meditation and mindfulness coach Dave Nelson, of **MILESTONE MIND**.

### 1. Breathe.

Drop the mouse—just for a minute!—and “bring your awareness to your breathing,” Nelson says; it should be full and deep rather than short and shallow. Having trouble getting it right? Place your hand on your stomach and see if you can push it out with your belly and let it back in to the rhythm of your breath. Repeat 12 times.

### 2. Visualize.

Think of an image that brings you joy—waves crashing on the beach, your spouse walking down the aisle—anything but your phone or computer screen. “Don't force it,” Nelson advises, “and if it goes away, that's fine. Just invite it back.”

### 3. Smile.

It's not as silly or creepy as it sounds: Grinning from ear to ear will signal to your mind that you're happy. And happy is as happy does. —*Tessa Yannone*