

FAST FACTS

Digital detox

A break from screens and technology

What

A digital detox is a period of time you refrain from using digital devices such as smartphones, computers, and social media platforms. The goal is to disconnect from the digital world and our addiction to the consumption of information and media to reduce stress, improve mental clarity, and enhance overall well-being. It can range from a few hours to several days or longer.

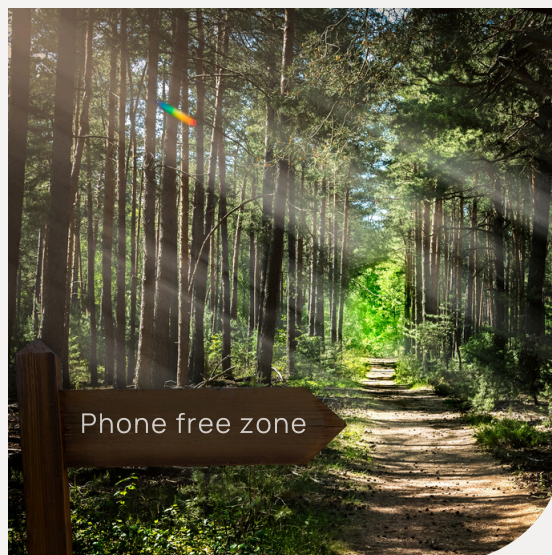
Why do it?

Excessive screen time has been linked to increased stress, anxiety, and sleep problems. A digital detox can help break the cycle of constantly being "plugged in" and give your mind time to rest. It's an opportunity to reconnect with the physical world, engage in meaningful activities, and improve mental and emotional health.

A digital detox is a great way to nurture your nervous system and [slow your mind](#).

How to digital detox

- **Set clear boundaries:** Decide how long your detox will last (e.g. a few hours each day or an entire weekend) and define what devices you'll avoid.
- **Plan alternative activities:** Replace digital time with activities like reading, exercising, or spending time outdoors.
- **Inform others:** Let colleagues, friends and family know you'll be offline and how they can reach you if necessary. Get the support of your health coach if you want an accountability person.
- **Use apps or features:** Many smartphones have features that limit screen time or provide usage reports. Use these to track progress.
- **Gradual detox:** If going cold turkey seems too difficult, start by reducing digital time in smaller increments or removing one app from your phone.
- **Keep a diary:** Stay present with how your digital detox impacts you - the good, bad and the ugly! Note down your emotions, your observations, and remember to acknowledge what went well.



Pros

- Improved focus and productivity
- Better mental health
- Enhanced relationships
- Better sleep quality
- Feeling less overwhelmed

Considerations

- **Feeling disconnected:** Without access to digital communication, some people may feel isolated or disconnected from important information.
- **Inconvenience:** For those who rely on technology for work or communication, a detox may disrupt their routine or responsibilities.
- **Temporary discomfort:** Initially, it can be uncomfortable or challenging to be without digital distractions, especially if you're accustomed to constant digital engagement.