

Is it Time for a Digital Detox?

After months of switching between your big screen and little mobile screen, you might be feeling some virtual fatigue. Taking time off from tech is a good way to reset and improve your day-to-day focus and overall well-being!

Benefits of Less Screentime¹

- ✓ Higher quality sleep.
- ✓ Improved focus.
- ✓ Reduced eye strain.
- ✓ Stronger relationships.

Starting Your Digital Detox

1 Pick Your Time Frame

Try 24-48 hours to start.

2 Plan Your Detox

Weekends are an easy place to start. Let loved ones know you'll be unplugging for a bit.

3 Make Your Plans

Decide ahead of time what you'd like to do for those offline hours.

4 Power Down

Keep your device out of sight or place it on "Do Not Disturb" or airplane mode.

5 Reflect

Take note of how you feel during and after your detox. Were you anxious? Relieved? Content? Consider how the experience affected you.

6 Repeat!

To reap all the benefits of a digital detox, try to make it a regular thing – try every other month or even monthly.

Instead of Scrolling, Try...

- ✓ Taking a local hike.
- ✓ Reading a book or magazine.
- ✓ Catching up with a friend or family member.
- ✓ Starting a new workout.
- ✓ Listening to a podcast.
- ✓ Meditation.

Reboot Your Routine

- ✓ Go for walks between meetings or calls.
- ✓ Take a 20-second break from your screen every 20 minutes. Instead of looking at your phone, use the time to stretch.
- ✓ Put your phone to sleep an hour before yourself!