



Digital Detox

How often do you find yourself subconsciously picking up your phone out of habit?

In today's fast-paced digital era, our devices have become our inseparable companions — keeping us connected, informed, and entertained.

According to the Cleveland Clinic, **Americans spend an average of four hours watching TV and seven-and-a-half hours on digital devices daily.** The convenience of constant connectivity comes at a price — the potential toll on our health. Excessive hours glued to screens has been linked to various health concerns. From disrupted sleep patterns to increased stress levels, eye strain, and sedentary lifestyles — the impact of prolonged screen time is undeniable. If you have an internal desire to unplug, or conduct a “digital detox” here are four strategies to help you get started and live your best life.

Plan Your Digital Detox

Eliminating devices is unrealistic for most. The goal is to identify your unhealthy screen-time habits and then use strategies that help to limit your daily use. *Here are some ideas:*

- 1. Schedule Screen-free Breaks.** Build time into your schedule to walk away from your devices. If you work on a computer, schedule walking breaks, and leave your phone behind. At home, identify screen-free activities for the whole family, like dinnertime or reading hour.
- 2. Step Away from Social Media.** Short breaks are good for mental & physical health. Scrolling, posting are time-consuming actions that limit physical movement and are linked to increased stress and anxiety. Set a timer and take a break!
- 3. Turn Off Your Phone.** Or schedule do-not-disturb hours to restrict notifications at bedtime and specific time-periods throughout the day.
- 4. Gather Support.** Encourage your loved ones to participate and plan screen free time together.
Check out the screen-free activity chart for ideas!

What is your favorite screen-free activity?

Connect with your reality in new and engaging ways by experiencing the benefits of being screen-free, from reducing stress to boosting your self-image and productivity. Challenge yourself to take the time to care for yourself and prioritize the different areas of well-being. See ideas below

Socialize	Self-care	Get Active	Learn New Things
Grab coffee with a friend	Meditate	Yard work	Read a book
Host a game night	Plan out your week	Watch the sunset	Listen to a podcast
Try a new restaurant	Do a puzzle	Go on a hike	Visit the library
Visit a relative	Journal	Take the dog on a walk	Take an art class

DID YOU KNOW? More than 50% of adults increased their screen time during the pandemic on two or more devices.*

*Source: [NCBI](#)