

Digital Detox

Reasons for a digital detox...

- Reduces stress
- Improves sleep habits
- Maintains work-life balance
- Allows for more positive life perspective
- Reduces 'Fear Of Missing Out' – FOMO



Top Tips

1. Be realistic – start small and increase gradually
2. Set limits - choose a suitable time or place to turn devices e.g.
 - When you are eating meals, particularly when dining with other people
 - When you are waking up or going to bed
 - When you are working on a project or hobby
 - When you are spending time with friends or family
 - Before you go to sleep each night
3. Remove distractions – e.g. don't take devices into bedroom or have at the dining table, don't take your device when out for a walk.
4. Turn notifications off for a period of time.
5. Make it a TEAM/family effort – e.g. declare a family device free day/hour etc.

[digital-detox-well mind](#)

Let me know how you get on - Sarah