

DIGITAL
DETOX

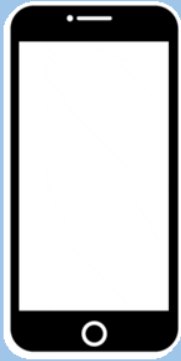




Think!

*Do you know what a
digital detox is?*

What is a digital detox?



It is when a person stops using technology like smartphones, computers and televisions.

Why would I do that?





Some of the ways that social media can have an impact on your mental health include:

- Lower self esteem because you compare yourself and your life to others online
- Your self esteem relies on how much attention your social media posts are getting
- Developing a negative or worsening body image because of content on social media
- Poor sleep quality because of time spent online at night
- Experiencing cyberbullying online
- Fear of missing out (FOMO) when you see what other people are doing online, which can also lead to feelings of loneliness or inadequacy
- Less time spent connected offline with friends and family and less time doing activities you enjoy

How much time do you spend online?

Hours everyday





Are you surprised by how long you
spend on your phone?

How do we do a digital detox?

First decide when you're going to do your digital detox.

Then decide how long you want it to last.

The length of time is really up to you, but try and make it long enough to really feel a difference



Here are some tips:

1. Decide what parts of your online habits you think need to change, and pick a detox that helps address that concern.

2. If deleting apps from your phone feels too much, then download apps that monitor your usage and stop you from accessing certain apps.

3. Find other ways to fill your time when you're trying to stay off your phone or computer so that you won't be tempted to pick it up again.

4. If doing a digital detox leaves you feeling frustrated or anxious, take note of that.

5. Try to change your routines so that your phone is not the first and last thing you reach for at the beginning and end of the day.

6. Pay attention to the things that trigger your negative feelings online. Unfollow any account that makes you feel bad about yourself or causes any feelings of anxiety or low self esteem.

Would you try a digital detox?



Not sure



Definitely



Too Hard



Students, drag the icon!



challenge time




I challenge all of you to do a digital detox for 3 hours this weekend.

That means no phone, gaming, tablets, computers or any other device for three hours.

You are allowed TV but you can't have anything else.

Can you do it?



A man with short brown hair, wearing a dark suit, a light blue striped shirt, and a dark tie, is shown from the chest up. He has a thoughtful expression, looking upwards and to the left. The background features a window with a grid of small, square panes, some of which are tinted blue. To the left, a lamp with a glowing yellow shade is mounted on a dark wooden frame. The overall lighting is dim and warm.

Challenge Accepted!