



## Tips For An Easier Digital Detox

### Digital Detox

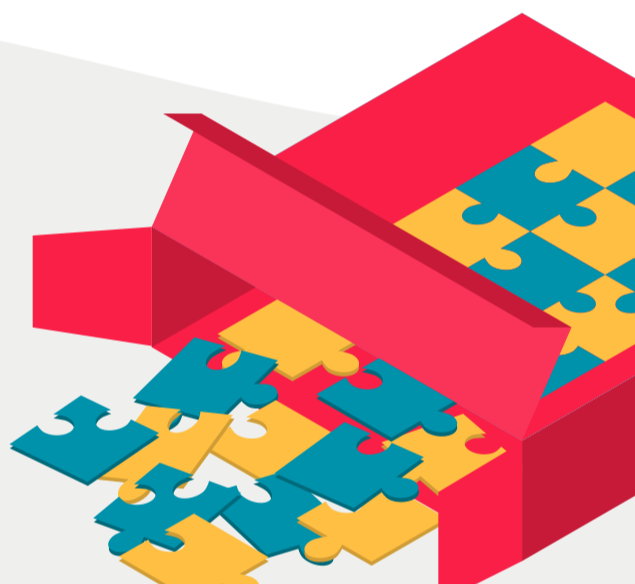
#### Data:



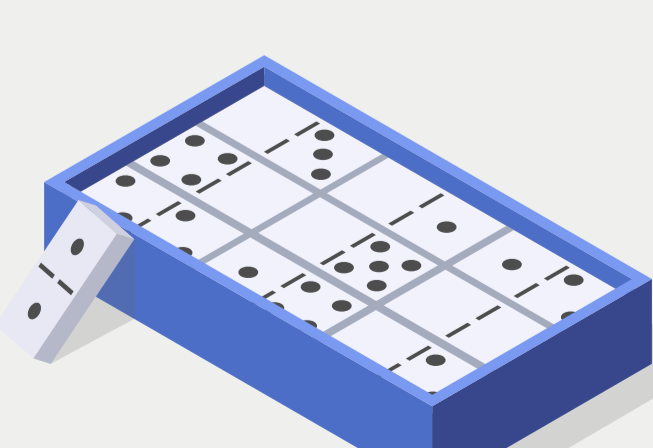
- Screen addiction has surged, with roughly **61%** of people admitting they are addicted to their devices/the Internet.
- On average, people now spend 6 hours and **40 minutes** online daily!
- Such excessive use has been shown to have detrimental effects on our wellbeing, such as **increased rates** of anxiety and depression.
- Studies have found that by limiting social media to **30 minutes** a day, there can be significant improvement to a person's overall wellbeing.

### Making a Digital Detox

#### Easier



- **Limit** distractions by turning off push notifications on every device.
- **Set** aside “tech-free time” each day by muting all notifications or switching to do-not-disturb mode — like when you're going to bed or exercising.
- **Establish** a “no-phone” area of the house, such as the kitchen table or backyard.
- **Bring** along a novel or book of crossword puzzles when leaving the house to avoid spending any downtime on your phone.
- **Do** some low-maintenance crafting or put together a puzzle while passively watching TV, rather than mindlessly scrolling.
- **Host** a game night with board games or cards and encourage no phones.
- **Put** away your phone during meals and strike up a conversation instead.
- **Plan** tech-free activities for the whole family, such as bike rides and camping trips.



**MASTERPIECES**  
★ PUZZLES · GAMES · TOYS · CRAFTS ★

#### Resources

<https://www.everydayhealth.com/emotional-health/how-to-do-a-digital-detox-without-unplugging-completely/>  
<https://www.health.com/mind-body/digital-detox>