

TOO MUCH SCREEN TIME



Mental Fatigue



Stress & Anxiety



Poor Sleep



Strained Eyes



DISCONNECT



Turn Off
Notifications



Take Breaks
from Screens



Set Screen
Time Limits

DIGITAL DETOX

• Disconnect to Reconnect •

AFTER DIGITAL DETOX



More Peace



Better Focus



Sound Sleep



Stronger
Relationships

RECONNECT



Mindfulness
& Meditation



Spend Time
with Loved Ones



Do What
You Love



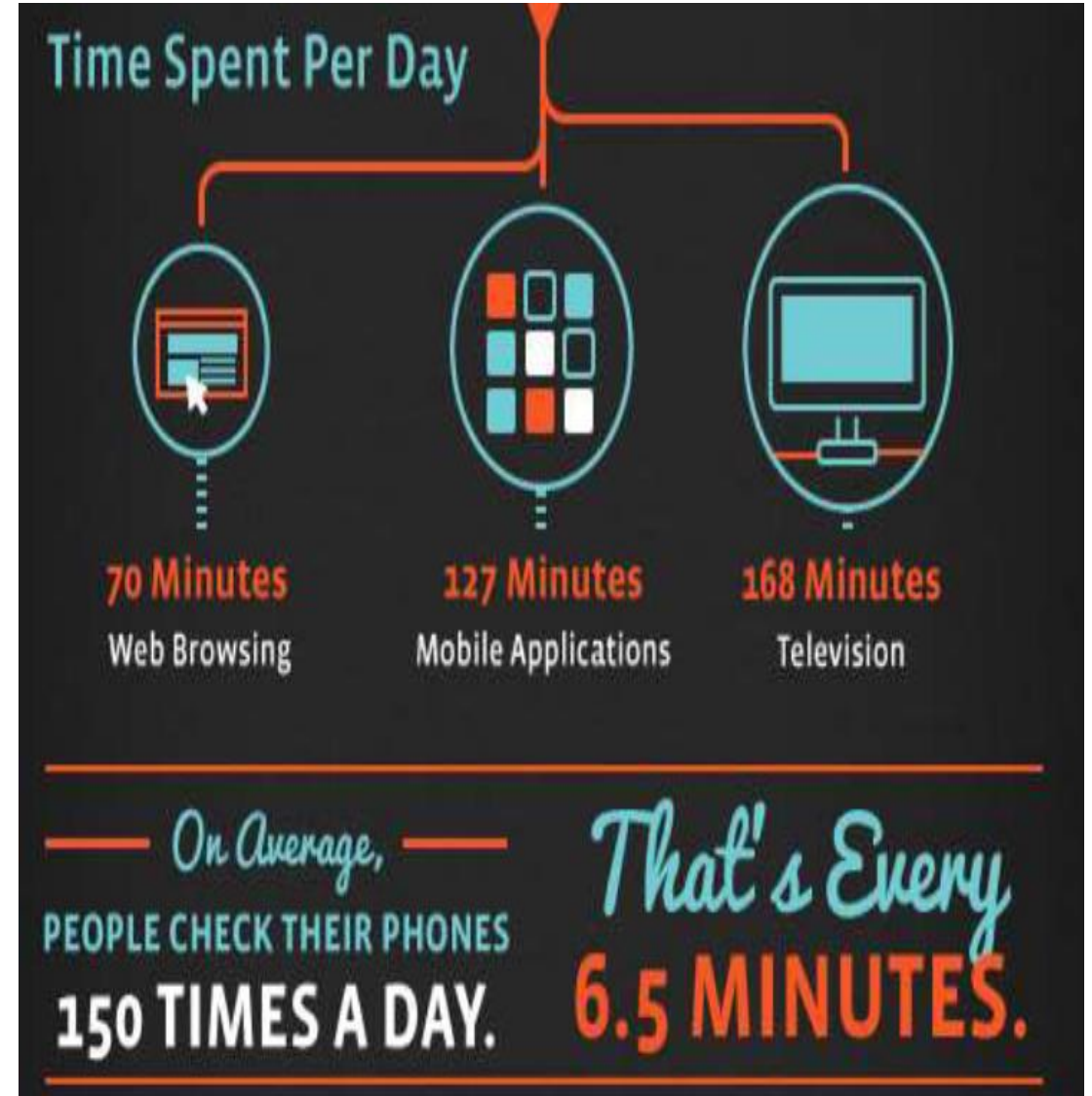
LESS SCREEN • MORE REAL LIFE



What is Digital Detox ?

- According to the Oxford Dictionary a **Digital Detox** is a **planned** time period during which an **individual abstains** from using electronic gadgets such as **laptops, tablets or smartphones**, this can be done as an opportunity to increase the traditional **social interactions**, clear the mind from information overload and **release stress**.

Do we come under this category?



Goals of the Session

- Why do we have to digital detox???
- What is the exact problem??
- How can we get a better tech/life balance??

How addicted are you to technology?

Research suggest that;

- An average person check their phone at least two hundred times a day
- One out of four people spend more time online than they sleep
- 70% of young adults prefer texting to talking
- An average person sends 3,400 electronic messages a month

Signs that you are digitally addicted

- You'd rather spend time interfacing with technology than pursuing other activities or responsibilities in life.
- You are more concerned about letting down your online friends, than letting down those closest to you.
- One of the first things you do every morning is get online to check text or social media conversations.
- People in your life are constantly irritable about the amount of time you spend gaming, using computers, smartphones, or social networking.
- You experience fear of missing out something if you spend a day or two without connecting to social media

VIDEO TIME



Risks of digital addiction

- Slow (Productivity)
- Hyperactive
- Frustrated
- Lose proper reflex
- Lack of energy
- Insomnia
- Privacy disrupted
- Lack of Concentration and focus (Distractions)
- Moral Corruption
- Quickly tired
- One thing at a time never happens
- Accidents while driving, wander across the lane etc.
- End up wasting a lot of time



foursquare



facebook

В КОНТАКТЕ



одноклассники

You Tube
Broadcast Yourself

twitter

ЯНДЕКС
маркет



Pinterest

tumblr.

Human's life consists of their behaviour in the two dimensions – **online** and **offline**

What needs to be done to maintain a balance
between our real world and the virtual world???

HOW?

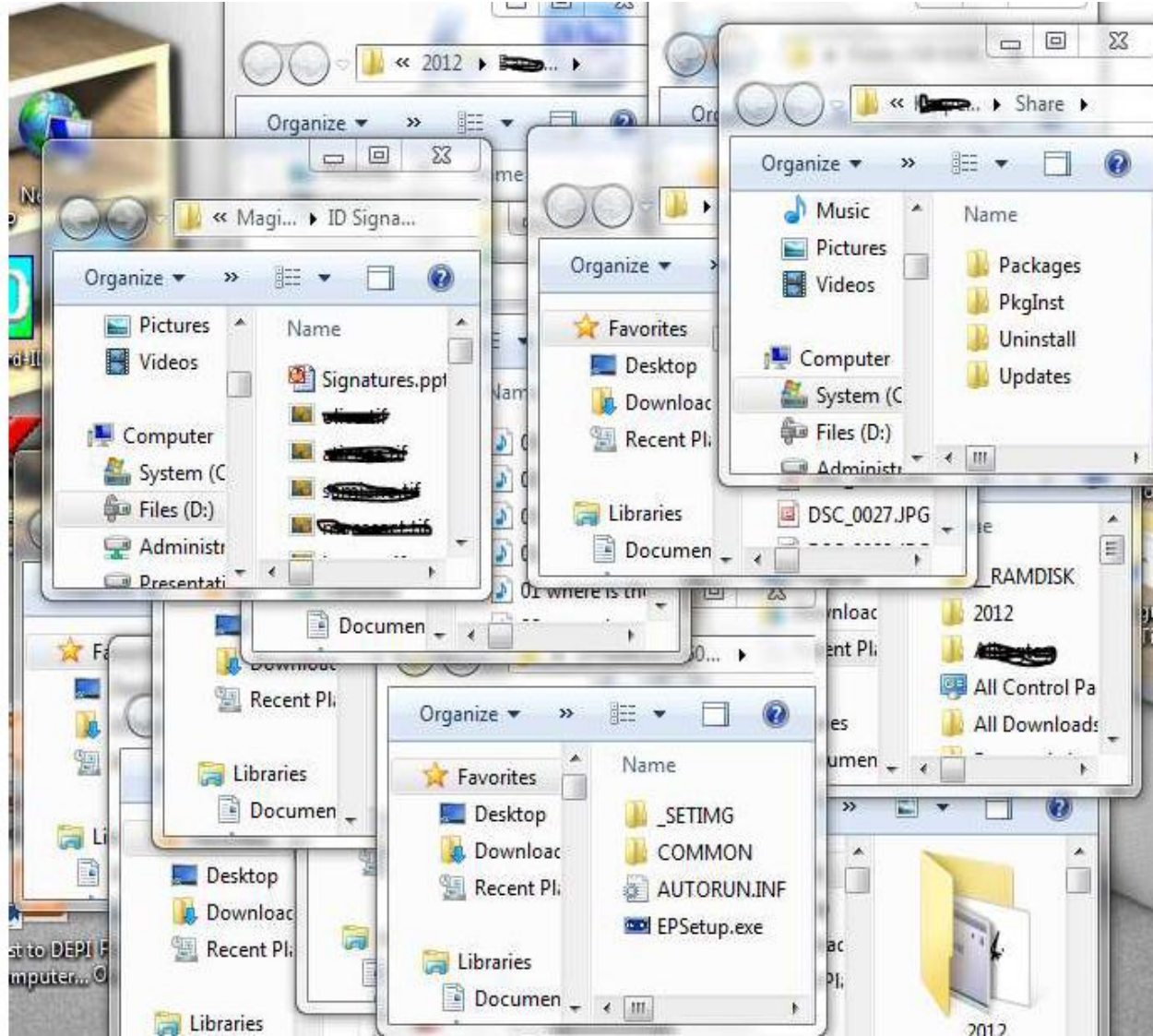
- > being more conscious
- > changing habits
- > tips & tricks

Step 1



Step 2

**Close all
windows**



Step 3



turn off notifications

Step 4

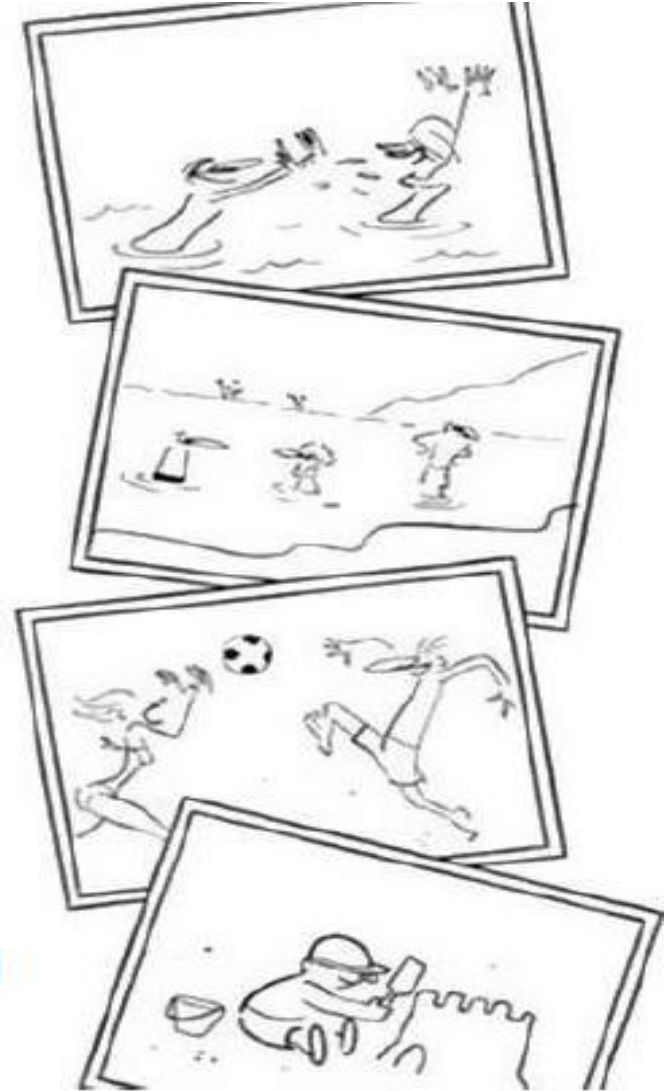
Do I need this now ?



Step 5

**Think before
you post**

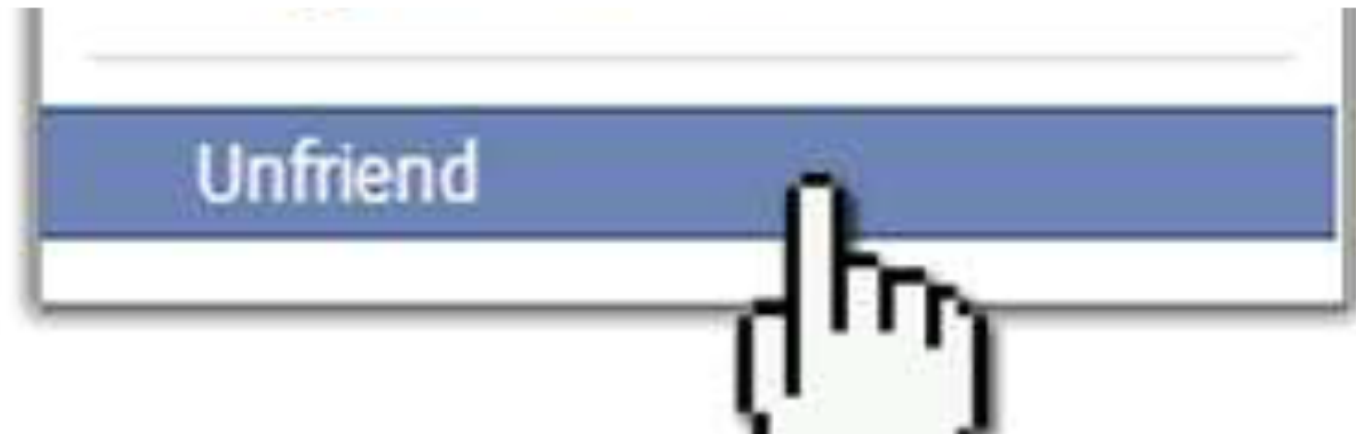
(& add some value)



Step 6

**Delete, unfriend, unfollow & unlike
think before you befriend**

**Your time is limited, so don't waste it
living someone else's life. (Steve Jobs)**

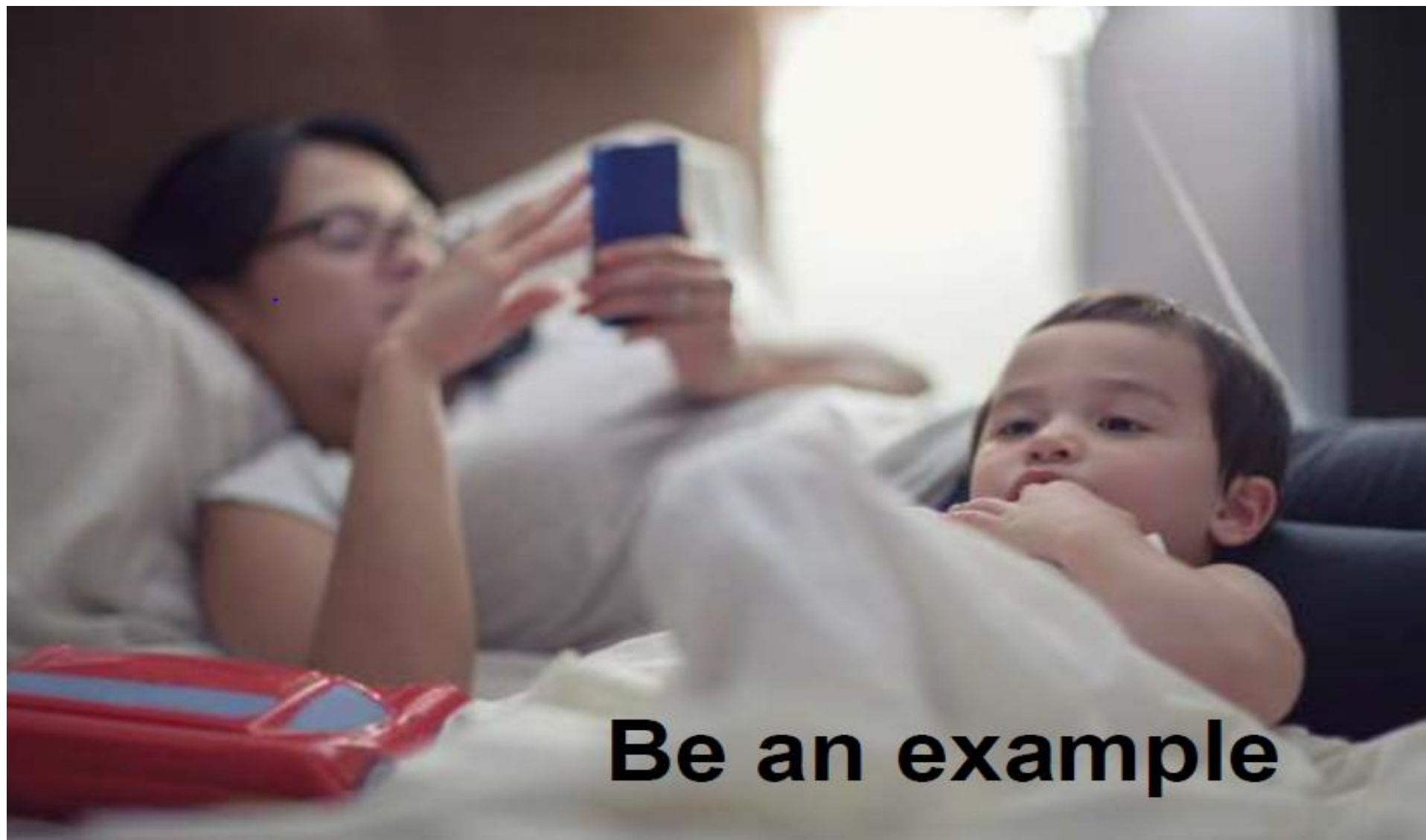


Step 7

unsubscribe newsletters



Step 8



Be an example

Step 9



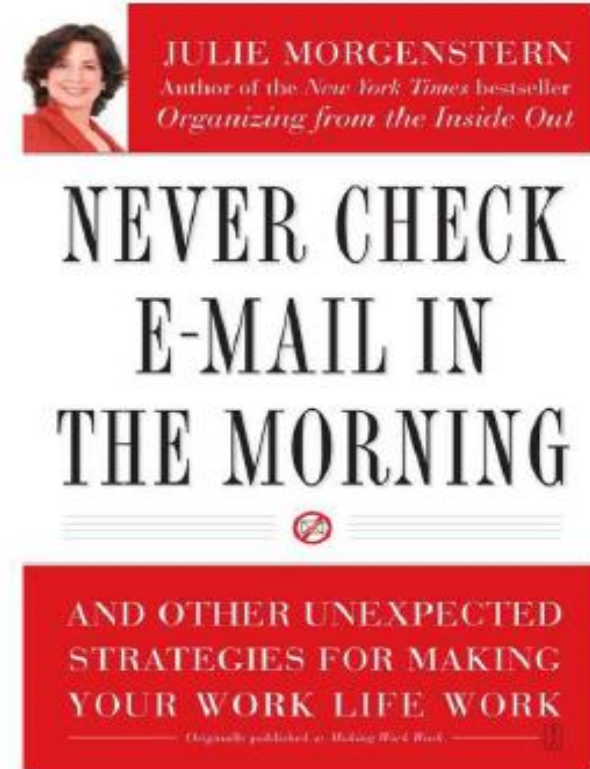
Device free waiting moments!

Step 10



digidetox 1 hour before going to sleep

Step 11



digidetox in the morning !

5 Ways to a Digital Detox

- Do not carry your laptop/smartphone **everywhere** you go.
- Experiment by having an hour **digital vacation** everyday.
- Have more **face to face** interactions
- When on vacation choose a **digital free zone** e.g. Mountain Lodges
- Participate in **outdoor** physical activities e.g. Running, Mountain Climbing or Cycling

Digital Detox: Take over your headspace



5 day Digital Detox program

- Day 1:- Keep your mobile at home and go out and do something that you like...
- Day 2:- No picture day. No selfies..
- Day 3:- No message day..
- Day 4:- Collect all the phones at home and keep it together in some place in silent mode and spend some time with family, friends and people who love you..
- Day 5:- Make sure that you keep all your gadgets away from you and only in unavoidable situations use it. (Practise this daily)

Thankyou

Digital Detox



THANK YOU
FOR
YOUR
ATTENTION!
ANY QUESTIONS?

better minds
at work

We Improve
Your Mental Capital

