

# LET'S GET PRACTICAL

## Summer Unplugged



Summer usually comes with a little extra downtime and an opportunity to indulge. But in the age of technology, it's easy for indulgence to turn into binge-watching Netflix and endless scrolling on social media. Between your phone, laptop, smartwatch, and TV, technology can easily become a distraction from living to the fullest. Time spent away from our screens is a better way to indulge in summer!

### SUMMER IS THE PERFECT TIME FOR A DIGITAL DETOX

A digital detox is a break from using electronic devices or certain media for a period of time, from a few days to several months. While it's a good idea any time of the year, it can be a little easier to unplug during the summer, when the weather is warm and there are plenty of reasons to get outside. Replacing screen time with things that support your well-being is a great way to reclaim your energy and re-energize your summer. It can also help establish some powerful habits that will help you better control your screen time long after the season ends.

#### TIPS TO HELP YOU *Unplug* THIS SUMMER

- 1 Set no-tech zones.** Limit screen time by limiting where you use it. Create a station for computers, tablets, and phones so they don't go everywhere you go. A designated spot for tech can help you be more conscious of the time you spend online. It's also a good idea to keep devices out of the bedroom where they can disrupt your sleep.
- 2 Set tech-free times.** Set limits such as not checking emails first thing in the morning or putting screens away at 8 pm. Use timers and leverage apps like ScreenTime and Digital Wellbeing to manage how you spend time online and identify where you can make changes.
- 3 Make things inconvenient.** A great way to change unhealthy habits is to make it more difficult to do them. Sign out of accounts, delete shortcuts, and remove apps from your home screen. The extra step to sign back in can be a reminder that maybe we don't really need to.
- 4 Declutter your digital life.** Delete apps you don't use, unsubscribe from email lists, turn off push notifications, and unfollow people who aren't your real friends. If you can, remove certain email accounts from your phone, so you can limit checking and replying to certain times of the day.
- 5 Go old-school.** We often justify having our phones on us all the time because they double as our watch, camera, and alarm clock. Instead, dig out your digital camera, slap a watch on your wrist, and plug in a basic alarm clock.
- 6 Replace tech time with fun!** Don't think of a digital detox as depriving yourself. It's an opportunity to get creative, get into a hobby, and enjoy all that summer has to offer. It can be helpful to prepare for your detox by planning activities to look forward to or creating a bucket list you can work through when you're not online.

#### 6 REASONS TO PUT YOUR PHONE DOWN



Screen time changes our brain, wiring it to be more distracted. Working with your phone out can reduce performance by 20%.



Excessive screen time (especially before bed) can disrupt melatonin production and reduce sleep quality.



Overuse of phones is linked to increased anxiety and stress, lower self-esteem, and feelings of loneliness.



We check our phones more than 150 times a day. Less screen time can turn into a productivity boost!



79% of couples admit technology distracts them from connecting. Unplug to strengthen your relationships.



Less screen time is associated with more happiness and satisfaction with our lives.

A digital detox is about taking charge of how you spend your time and what you give your attention to. It helps you realize what you want more and less of so you can break unhelpful habits and create new, more meaningful ones.

Sources: [www.wellandgood.com/digital-detox-could-help-your-relationship](http://www.wellandgood.com/digital-detox-could-help-your-relationship) | <https://health.clevelandclinic.org/digital-detox>  
[www.shondaland.com/live/body/a40168736/a-path-to-well-being-try-a-summertime-digital-detox](http://www.shondaland.com/live/body/a40168736/a-path-to-well-being-try-a-summertime-digital-detox) | Images by Freepik