

# Digital Detoxing and Your Health: Time for a Technology Break?



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# How many hours a day do you spend using technology?



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OHIO STATE UNIVERSITY EXTENSION











reduziert  
reduziert  
reduziert  
4.99



ALARM  
ZUGANG



## The overuse of digital technology can impact:

- **Physical Health**
- **Mental Health**
- **Social Health**





# Technology affects both *quantity* and *quality* of sleep



**We receive  $\geq 350\%$   
more information  
outside of work than  
we did 30 years ago.**



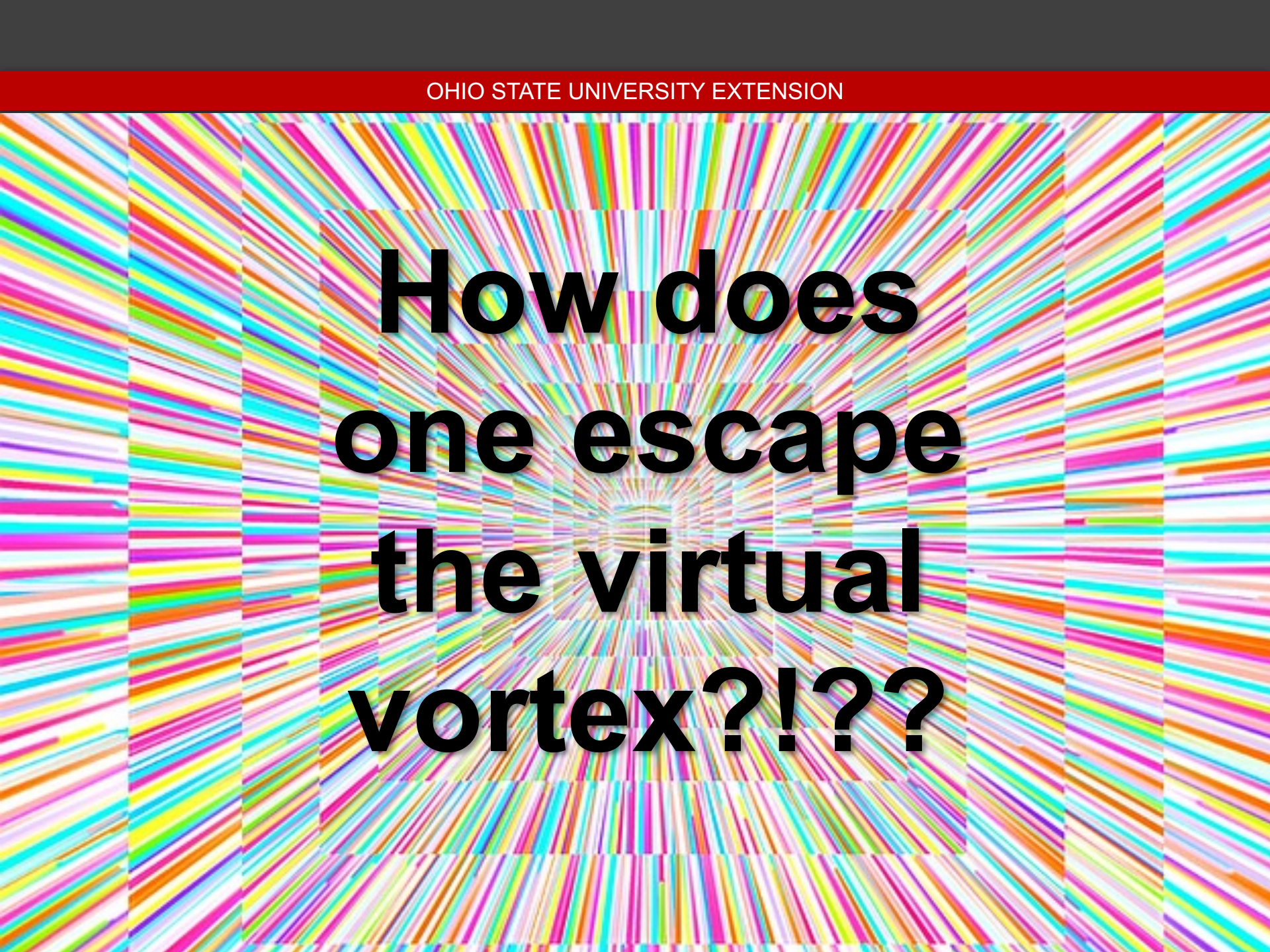
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**How does  
one escape  
the virtual  
vortex?!??**



# Digital Detoxing

The act of refraining - for a period of time - from electronic devices such as smartphones and computers







**Aim for *depth* in a  
world of breadth.**



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# Practice Mindfulness





# Embrace Solitude













**Digital Detoxing  
is not an all or  
nothing decision.**



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## **Possible Action Steps:**

- Turn off phone and email notifications
- Create an overnight phone dock
- Have a screen-free backyard
- Establish screen-free family dinners

# Question?

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