



Tips for a successful Digital Detox

There could be many reasons why you might want to give up your mobile phone, tablet and other tech devices for a brief time. It could be that you want to enjoy more time to yourself and others without the interference from your devices. You might be feeling that your device usage has become excessive, and this is adding too much stress to your life.



The following list should give you some ideas as to how you can successfully Digital Detox



- Buy yourself an alarm clock. With a separate alarm clock, there is no need to bring your phone or any other devices into the bedroom.
- Use Airplane mode. Not getting notifications will make it easier to forget your phone is there, even if it is right in front of you.
- Identify your habits. When do you look at your phone or tablet or sit at the computer with no specific goal in mind?
- Get moving. Your brain isn't being challenged if you are sat on the couch watching tv. Try to get a minimum of 30 minutes exercise a day.



- Schedule tech-free time. A good place to start might be your lunch break.
- Do a total tech fast. Whether it is for just one day or an entire week, having a total tech fast can work wonders for your productivity.
- Log off. This is by far the easiest option but not always achievable.
- Out of sight and out of mind. Keep your devices in another room.



- Delete apps that you don't really need anymore.
- Learn how to entertain yourself without a screen.
- Answer emails at specific times of the day, maybe just once every hour or two.
- Read more non-digital media like books, magazines and newspapers.



- Remove your smart watch and replace it with a standard watch.
- Spring clean your social media by blocking and unfollowing things that are distracting and not useful.
- Let your friends and family know that you are on a digital detox and ask for their help and support.
- Keep a diary to track your progress and write down your thoughts about the experience



Digital detoxing can be done in many ways. You might be wanting to give up all digital devices for a time, including television, mobile phones, tablets and all social media. You might want to focus on restricting your use to just one type of digital device such as your phone or your gaming console or your computer.



A Digital Detox can sometimes feel uncomfortable and stressful at first. You may start to feel annoyed, anxious, and become bored without your tech devices at hand. It can be an interesting experience to go through, but it will help you better understand your relationship with your devices. Improved brain function, better sleep, better mental health and better posture are just a few of the benefits, so what have you got to lose?

If you decide to Digital Detox let us know how you got on.