

APRIL 2021

Digital Detox

Signs You Need a Break

- You feel anxious when you lose your phone
- You have frequent urges to check your phone and it interrupts your daily tasks
- You spend more time than needed on social media apps
- Your sleep patterns are off
- Your inability to put your phone down negatively affects your personal relationships

Benefits of a Detox

- Create clear separation from work and personal life
- Reduce stress
- Get better sleep
- Improve your attention span
- Increase engagement with friends, family, coworkers, clients, and life

How You Can Detox During The Day



Set limits on social media apps using built-in timers



Put your phone down during meals



Go outdoors during work breaks



Turn off push notifications



Invest in an alarm clock and turn off your phone at night



Commit to eye contact when having a conversation with another person