

DIGITAL DETOX

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Do you frequently catch yourself scrolling aimlessly on your smartphone screen while seconds pass you by? It's not just you. According to studies, 61% of adults admit to being dependent on the internet and their electronic devices.

Even worse, having a continual connection might degrade your quality of life and overstimulate your senses. It may thus be beneficial for both your mental and physical health to take a vacation from your numerous social media apps and spend some time away from screens.

A digital detox refers to purposefully taking time away from electronic devices like smartphones, laptops, and tablets. This break enables individuals to reset their minds and focus on real-life gestures rather than virtual ones. Even choosing to entirely unplug is an option. Digital detox refers to purposefully taking time away from electronic devices such as smartphones, laptops, and tablets. By doing so, individuals can reset their minds and focus on real-life gestures rather than virtual ones. This break allows for increased self-reflection, better sleep patterns, and enhanced relationships with loved ones. A digital detox requires deferring technology almost entirely: taking a break from screens, social media and video conferences for multiple days. The goals – reducing stress or anxiety, and reconnecting with the physical world – are well-intentioned. And although there aren't scientifically proven benefits from periods of tech self-restraint, that hasn't stopped the digital detox from becoming a desired challenge.

Decoupling fully from technology, according to critics, is unrealistic in today's culture. However, a digital detox need not be an all-or-nothing strategy; it can simply

entail establishing boundaries and time restrictions for using screens. Taking breaks throughout the day or designating certain hours to be screen-free might still have a big impact. Checking in with yourself and seeing how you feel after using social media and other forms of technology is the best method to determine whether you need a digital detox. It's time to say goodbye to technology (at least for the time being) if you experience any of the following when interacting with the internet world:

Anxiety, stress, or depression after checking social media

Social pullout

Urge to check your phone every few minutes

Trouble concentrating and staying focused on the task at hand

Imposter syndrome or feeling insecure about where you are in life

Disintegrated sleep

Feeling indebted to respond immediately to emails and text messages

Furthermore, excessive screen usage has been connected to a number of health problems, including eye strain, obesity, and disrupted sleep patterns. People can lower their chance of developing these issues and enhance their general physical health by frequently engaging in a digital detox. The most popular advantages of a digital detox are listed below. Reduce anxiety and depression.

Enhanced focus and increased productivity.

Improved sleep.

Meaningful connections in real life.

More time for things that bring you joy.

In conclusion, embracing the concept of a digital detox is essential for maintaining our mental well-being in this technology-dominated era. By taking regular breaks from screens and social media platforms, we can ameliorate our physical health while fostering stronger connections with ourselves and those around us.

References:

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