

Beating the Blues By Unplugging

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Stay Calm and Well

Part III | Beating the Blues

Learn strategies to reduce stress and improve your optimal state of health and well-being during challenging times.



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Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life

Skills Building - Week #3

- See the cup half full instead of empty
- Be kind to yourself
- Know your limits; don't feel guilty about saying "no!"
- Stay aligned with your dreams and passions!
- Seek help if these symptoms persist more than 2 weeks and interfere with your function: There is hope; depression is very treatable



Today you will learn:

- Concerns associated with too much screen use
- Where to locate expert guidelines regarding screen use
- Strategies for setting guidelines around screen use for yourself and your family



Digital Detoxing

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



Why detox?

The overuse of digital technology can impact:

- Physical Health
- Mental Health
- Social Health



Technology impacts sleep quality and quantity



Technology impacts memory, attention span and ability to learn



Technology can cause stress!



Technology limits in-person communication



Become a Digital Minimalist

A philosophy of technology use in which you focus your online time on a small number of carefully selected and optimized activities that strongly support things you value, and then happily miss out on everything else.

- *Cal Newport*



Aim for Depth over Breadth

“Treat your mind as you would a private garden. Be careful about what you introduce and allow to grow there.”

- Winifred Gallagher



Unplug and...

- Practice mindfulness
- Go outside
- Take a stretch or activity break
- Find or engage in a hobby
- Embrace solitude



Create a Personalized Media Use Plan



CREATE YOUR
Personalized
**FAMILY
MEDIA USE
PLAN**

Balance your children's online and off-line lives!

GET STARTED

www.HealthyChildren.org/MediaUsePlan

 **healthychildren.org**
Powered by pediatricians. Trusted by parents.
from the American Academy of Pediatrics



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Resources for Teens

- Campaign for a Commercial Free Childhood and the Children's Screen time Action Network
- *Tweens, Teens, Tech and Mental Health: Coming of age in an increasingly digital, uncertain, and unequal world* from Common Sense Media

Ever wonder what teens have to say about their tech?
This is the guide for you.



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Strategies for setting screen-use guidelines

- Consider the “3 Cs”:
 - Content
 - Context
 - Child



➤ *What is the screen displacing?*



Skills Building - Week #4

- Assess your technology use. How is technology helpful and necessary? What can you reduce or eliminate?
- Identify how to unplug and do it regularly!
- Explore screen use guidelines and resources for your family.



Questions?

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Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

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<https://u.osu.edu/keepcalmccovid193/recorded-webinars/>



Next Week

January 20, 2021 12:30 - 1:00 pm EDT

Beating the Blues with Humor

Lorrissa Dunfee, MS

Family and Consumer Sciences Educator

OSU Extension Belmont County

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