Digital Detox Take a Break from Technology

Susan Zies, M.Ed, FCS Educator, Assistant Professor Shannon Smith, MFN, RD, LD, CDCES

THE OHIO STATE UNIVERSITY

CFAES

Objectives

- Definition of digital detoxing Reasons for a digital detox
- Impact too much technology has on our health
- Tips for a technology break





2

CFAES

(Dis) Connected

- Apple introduced its iPhone in 2007
 - Touchscreen technology and built in app library
 Multiple functions → internet browsers, messaging services, calendars, cameras, alarm clocks, road
- maps and video players By 2015, 72 percent of U.S. adults reported owning a smart phone
- "Having the entire store of human knowledge at our fingertips is pretty useful," but there may be trade-offs of that convenience.
- Mobile technology has the power to negatively impact our health and happiness

onitor on Psychology, March 2017



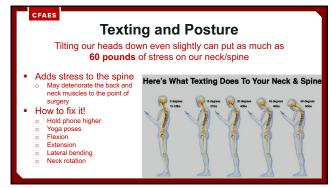


Λ



5

Physical Health	
Vision problems	
Hearing loss	
Neck strain	
Excessive sitting	
Injuries from texting and driving	
Injuries by not paying attention	
Inactivity	
198	OHIO STATE UNIVERSITY COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

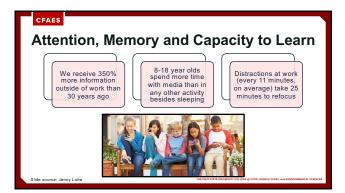


_



8

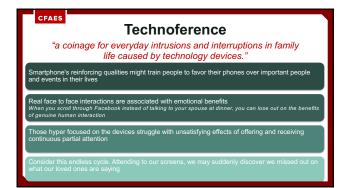








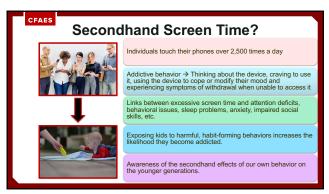




















CFAES

References

- https://www.apa.org/monitor/2017/03/cover-disconnected
- Article: Craving Device Free Attention by Martha Straus from Psychotherapynetworker.org
- https://theconversation.com/is-secondhand-screen-time-the-new-secondhand-smoking-129500
- https://www.reidhealth.org/blog/screen-time-for-adults
- http://www.digitalresponsibility.org/health-and-technology
- Article: What Texting is Doing to your Neck and Spine from Oklahoma State University Extension
- https://sites.imsa.edu/acronym/2021/02/19/a-guide-to-a-digital-detox/

OUN STATE INMEDIATY ON LESS of ERON MARCHITINGS. AND SOMEOTIM SCIENCES.