

## Digital Detox Take a Break from Technology

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



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### Objectives

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



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### (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



Monitor on Psychology, March 2017

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## Digital Detoxing

*“a period during which a person refrains from using digital or electronic devices in order to break a pattern of excessive or compulsive use, and instead prioritizes face-to-face social interactions, mindfulness, harmony with nature, etc.”*



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## Reasons to Detox:

The overuse of digital technology can impact:



Physical Health



Mental and Physiological Health



Social Health



Sleep Patterns

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## Physical Health

- Vision problems
- Hearing loss
- Neck strain
- Excessive sitting
- Injuries from texting and driving
- Injuries by not paying attention
- Inactivity

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## Texting and Posture

Tilting our heads down even slightly can put as much as **60 pounds** of stress on our neck/spine

- Adds stress to the spine
  - May deteriorate the back and neck muscles to the point of surgery
- How to fix it!
  - Hold phone higher
  - Yoga poses
  - Flexion
  - Extension
  - Lateral bending
  - Neck rotation

**Here's What Texting Does To Your Neck & Spine**



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## Psychological Health

Depression without constant stimulation	Anxiety, especially related to socialization	Irritability and mood swings	Reduced tolerance for frustration and delays
Defiance and aggression with others	Short-term memory problems	Disorganization and difficulty focusing	

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## Sleep Stealers

Technology affects both *quantity* and *quality* of sleep

- 68% of Americans keep their phone within reach while in bed
- 16% keep their phone in the bedroom but out of reach
- "Blue light" impacts the production of melatonin

Slide adapted from Jenny Lobe

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## Attention, Memory and Capacity to Learn

We receive 350% more information outside of work than 30 years ago

8-18 year olds spend more time with media than in any other activity besides sleeping

Distractions at work (every 11 minutes, on average) take 25 minutes to refocus



Slide source: Jenny Lobe

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## Stress

- Constant notifications
- 1 in 5 people check their phone every 10 minutes
- 1 in 4 check every thirty minutes
- 33% of people feel anxious when apart from their phone



Slide adapted from Jenny Lobe

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## Identity

- More fragmented and varied
- Social media life = social life?




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## Intimacy and Communication

I went out for fish with my daughters, and here's our conversation.

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## Technoference

*"a coinage for everyday intrusions and interruptions in family life caused by technology devices."*

Smartphone's reinforcing qualities might train people to favor their phones over important people and events in their lives

Real face to face interactions are associated with emotional benefits  
*When you scroll through Facebook instead of talking to your spouse at dinner, you can lose out on the benefits of genuine human interaction*

Those hyper focused on the devices struggle with unsatisfying effects of offering and receiving continuous partial attention

Consider this endless cycle. Attending to our screens, we may suddenly discover we missed out on what our loved ones are saying

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## Phubbing....

*"the practice of ignoring one's companion or companions in order to pay attention to one's phone or other mobile device."*

Your cell phone has already replaced your watch, camera, calendar, and alarm clock.  
Don't let it replace your family.

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## Fear of Missing Out Phenomenon

Anxiety and smartphone use seem to often go hand and hand

People of all generations are compelled to the fear of missing out

"We have created a system where we feel compelled to check in all the time." - Larry Rosen, PhD, Professor emeritus of psychology at California State University

Constant contact with digital world isn't necessarily healthy or helpful

Smartphone notifications such as beeps and buzzes can result in greater levels of inattention and hyperactivity

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## Empathy & Narcissism

- College students self-reported levels of empathy have declined 40% over the last 30 years.
- When in person, people talk about themselves 60% of the time. When online, they talk about themselves 80% of the time

Slide adapted from Jenny Lobe

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## Secondhand Screen Time?

Individuals touch their phones over 2,500 times a day

Addictive behavior → Thinking about the device, craving to use it, using the device to cope or modify their mood and experiencing symptoms of withdrawal when unable to access it

Links between excessive screen time and attention deficits, behavioral issues, sleep problems, anxiety, impaired social skills, etc.

Exposing kids to harmful, habit-forming behaviors increases the likelihood they become addicted.

Awareness of the secondhand effects of our own behavior on the younger generations.

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