

Digital Detox (a worksheet)

Activity 1

Are you addicted to any gadgets or websites? What could you be doing instead of using them?



Activity 2

Watch a [video](#) about technological detox and answer the questions:

1. What are people struggling to understand when it comes to technology?
2. How did office work and holidays look in the past?
3. What is Radio Shack?
4. What is Daimler doing?
5. What is the aim of their project?
6. What are the benefits of a digital detox weekend?
7. What advice does the program give when it comes to technology?

Activity 3

Discuss with your partner:

1. Why isn't spending too much time on technology good for us?
2. How could you use your gadgets less?
3. What are the benefits of a digital detox?

Activity 4

1. Read the tips on how to do a digital detox. Which one do you find the most useful?

Tip	Why do it	Benefit
<p>1. Turn off your phone's push notifications for social media apps including Facebook, Instagram, Pinterest, news sites, dating apps-anything that sends an alert when someone contacts you or likes a post. Starting with one or two, set a specific time of day to check each and a time limit for how long you'll spend on the site, such as 20 minutes.</p>		
<p>2. They may not be the best cuddlers, but we can't resist getting into bed with our phones. If you do so because your phone doubles as your alarm, watch out. Switch to a real alarm clock, and when it buzzes, give yourself 10 to 20 minutes, or even an hour, to ignore your devices as you prep for the day.</p>		
<p>3. It's pretty inevitable that you use your phone to listen to a playlist while on a run or lifting. Before you lace up to exercise, turn your phone to airplane mode or do not disturb, so there's no temptation to check it.</p>		
<p>4. Start by putting your phone down for 15 minutes without looking at it one day. The next day, break away from technology for 30 minutes, and so on. Or designate one day a week to stay away from one social media platform completely-say, Twitter-free Tuesdays.</p>		
<p>5. Have activities available to distract you when the urge strikes to check your phone or laptop. Consider buying magazines, a book, or a new nail polish, or head out for a walk and simply take in what's going on around you.</p>		
<p>6. Identify the sites or apps you're spending all your time on and ask yourself why you're drawn to them, then create a way to find that satisfaction in real life. If you're inspired by artistic photos on Instagram, visit an art gallery with a friend. Or if fitness blogs are your go-to, organize a run or hike with your friends.</p>		

2. Fill in the digital detox chart with information in the boxes (Why do it, Benefit):

A. By doing this, you're inviting the whole world-every Facebook friend, reporter, blogger-into bed with you.
B. You'll not only sculpt a better body, but you'll also be more likely to reach that blissed-out, endorphin-soaked mindset by focusing on your workout, not your social network.
C. This puts you back in the driver's seat regarding how you use your time and your technology.
D. Science shows that when you engage with a moment with all of your senses, you'll be more likely to remember it later on. The same recall doesn't occur when you're too busy snapping photos.
E. Just as you wouldn't run a marathon before running a mile, you need to ease yourself into taking breaks from the digital world.
F. Although music is a proven way to pump up your effort, stopping mid-interval to answer a text or like an Instagram photo isn't the most productive way to burn calories.
G. This will cut back on your digital dependency, you're not going offline entirely but rather choosing when to access your social media sites and network.
H. When you're on a diet, it's smart to keep single-serving dark chocolates on hand to nosh if a molten cake craving kicks in. Do the same thing for a digital detox.
I. You'll be able to start your day on your own terms, not someone else's and feel more inspired and rested, and less anxious.
J. This really can enrich your experiences.
K. This way you can spend the day connecting interpersonally-not electronically-with family and friends.
L. When you are fully present in the moment, you'll feel more thoughtful, your stress levels will dial down, and you'll develop stronger relationships with the people around you.

Activity 5

Here are some more tips on how to do a technological detox. Discuss with your partner and rank them from 1 to 10, with 1 being the most useful.

Tips for technological detox:

- A. Get psychological help
- B. Re-learn how to entertain yourself without the glow of a screen.
- C. In the evenings, say "lights out" and actually mean it.
- D. Go back to your old friends, pen and paper.
- E. Put the brakes on your email.
- F. Spend time in places where cell phone use is frowned upon.
- G. Establish tech-free zones with your family and friends
- H. Reward yourself with tech-free times:
- I. Track your app/website usage
- J. Detox as a duo with a friend, partner or family member

