



Develop Digital Detox Habits

Unplug to improve focus, sleep, mood & health

Requirements to complete this HEALTH CHALLENGE™:

1. Read "Develop Digital Detox Habits."
2. Create a plan to limit screen time daily.
3. Keep a record of your completed health challenge in case your organization requires documentation.

Feeling wired but tired? You're not alone. And your screen time probably has something to do with it.

The average adult spends 8 to 11 hours a day staring at screens (phones, computers, TVs, tablets), often without realizing it.



But all that screen time can take a toll on your sleep, stress, posture, weight, mood, and more.

✓ How to Quit Binge-Watching & Doom Scrolling

When Michael Pollock felt overwhelmed by work and life, he turned to an easy escape... streaming TV shows.

It started as a way to relax but soon

spiraled into six hours a day.

That's 2,190 hours a year or 91 days. Basically, three months of non-stop screen time. And then one day, Michael realized...

"I was hypnotized. Tuned in but zoned out. I was living in a make-believe world while real life passed me by."

Sound familiar?

Eventually, Michael had a wake-up call. He swapped screen time for healthier habits, and everything from his sleep to his stress levels got better.

✓ Tune in to Real Life This Month

Have any idea how much time you actually spend in front of a screen (TV, phone, computer, tablet)? Probably a lot more than you realize.

And it can have an impact on your health and happiness. But it doesn't have to be that way. Take the month-long challenge to **Develop Digital Detox Habits.**

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Excessive screen time can have a negative impact on your health.

The Dark Side of Too Much Screen Time

Too much screen time linked to chronic disease & other health problems

Most adults stare into a screen to check email, watch a movie, buy stuff, read a book, pay bills, or send messages.

And a lot of people spend their entire workday staring at a screen.



8 to 11 hours a day.

On average, that's how much time most adults spend in front of a screen, computer, smartphone, tablet, and other digital devices).

Maybe it's convenient. But there's a dark side to too much screen time.

In a recent study, researchers found that too much screen time raises the risk for:

- ☒ Heart disease
- ☒ Low levels of HDL (good) cholesterol



Digital Overload Checkup

Find out if you spend too much time in front of a screen.

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1. ☐ ☐ Do you watch TV or use digital devices before going to bed?
2. ☐ ☐ Do you ever experience headaches, eye strain, neck or back pain?
3. ☐ ☐ Do you use a computer at work most of the time?
4. ☐ ☐ Do you need to lose at least a few pounds?
5. ☐ ☐ Do you want to reduce your risk for chronic diseases?

How did you do? If you answered "yes" to any of these questions, you could benefit from learning more about managing your screen time.

Too much screen time can have a negative impact on your health.

Fortunately, there are many things you can do about it, even if you work at a computer most of the time.



- ☒ Depression & mental health issues
- ☒ Obesity
- ☒ Diabetes
- ☒ High blood pressure
- ☒ Sleep disorders

10 Reasons to Pay Attention to Screen Time

Other studies suggest that when screen time goes up, unhealthy lifestyle habits and health problems may increase.²

Too much screen time may lead to:

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1. Poor eating habits
2. Lack of sleep
3. Higher levels of stress
4. Lack of exercise
5. Weight gain
6. Neck and shoulder pain
7. Headaches
8. Eye strain
9. Irritability
10. Difficulty concentrating

Heavy users spend 17.5 hours in front of a screen per day.

But even moderate users in front of a screen just 7 hours a day may be negatively impacted.



The average adults spends 8 to 11 hours per day looking at a screen. Heavy-media users spend an average of 17.5 hours in front of a screen.

6 Digital Detox Strategies to Improve Your Health

Looking for some easy ways to reduce screen time?

The average adult spends 70-plus hours a week in front of a screen.

For a lot of people, that's just part of a day at the office, smartphone use and some TV time at home. But it doesn't have to be that way.

Here are six digital-detox strategies to

help you unplug, manage screen time and protect your health.

✓ 1. Beware of blue light at bedtime

The blue light from a digital device can make your brain think it's still daytime.³

- Reading a frantic email from your boss at 10 p.m. can stress you out.
- And watching funny cat videos at 2 a.m. won't help you get sleepy.

Do This: Put all screens to bed at least an hour before you go to sleep.

✓ 2. Read it, old-school style

That's right. Instead of downloading the digital version, pick up an old-school book or magazine. It's easier on the



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Simple changes to your screen-time habits can improve your mood, sleep, health and more.

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eyes, and you won't have to worry about charging the battery.

✓ 3. Get a hobby, seriously

You're probably not going to be able to change the amount of time you spend in front of a screen at work by much.



But when you're not working, forget about tapping, swiping, texting, or surfing.

Take up a hobby like painting, gardening, fishing, or your favorite form of exercise.

✓ 4. Avoid the food + screen-time combo

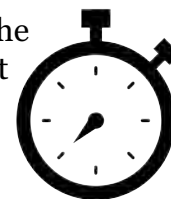


When your brain is focused on videos of funny cat videos, an action-packed movie, or even a work-related webinar, avoid the combo of food and screen time.

Why? You're more likely to overeat when you're plugged in.⁴

✓ 5. Set limits on screen time

You might not be able to change the amount of time you spend in front of a screen at work. But you can limit your screen time after work.



When Michael took a closer look at his screen-time habits, he quickly cut 4 hours of TV time out, went to bed earlier, and got a better night's sleep.

✓ 6. Take a break every 30 minutes

When you are in front of a screen, take a break every 30 minutes.

- Stand up and look away from the screen.
- Stretch.
- Go for a short walk, or do both.

In today's digital world, you probably won't be able to eliminate screen time entirely.

But you can make smart choices to reduce screen time, improve your health, and feel better.



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More Digital-Detox Tips

Tech tips to sleep better

<https://tinyurl.com/gr7uchu>

Screen time & the brain

<https://tinyurl.com/29nszwpv>

Fun ways to reduce screen time

<https://tinyurl.com/y55vxhhp>



References




































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4. Nagata, J., et al. (2021). Contemporary screen time modalities among children 9-10 years old and binge-eating disorder at one-year follow-up: A prospective cohort study. *International Journal of Eating Disorders*, 54(5): 887-892. From: <https://tinyurl.com/56mwcpkz>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
HC 	HC 	HC 	HC 	HC 	HC 	HC 	
ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	
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ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	
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ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	
HC 	HC 	HC 	HC 	HC 	HC 	HC 	
ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	

_____ Number of days this month I reduced screen time.

_____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

NAME _____ DATE _____