



TRINITY  
school of natural health

# Digital Detox

Find Peace Away from the Screen

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The state of your skin reflects your overall internal wellness. It also impacts your internal health as it readily absorbs certain substances.

## Introduction

\_\_\_\_\_ In the past 20 years, technology has evolved at an overwhelming pace. We carry the internet in our pockets and have constant access to screens. Our devices pose both an advantage and a threat depending on how we use them. On one hand, they connect us to people around the world and enhance our learning opportunities. But they can also distract us from our priorities, interfere with our routines, and harm our wellness.

In this eBook, we'll discuss some of the common problems associated with too much screen time. We'll also provide you with tips for detoxing your digital life and finding peace and rejuvenation away from technology.

### DIGITAL DANGERS

When we don't set limits on our digital exposure, we can consume too much without realizing it. Our screens offer music, movies, social platforms, games, email, and more. It has become natural to open our devices even if we don't know what we want. A recent study from Nielsen found that adults spend more than 11 hours each day interacting with media.<sup>1</sup> Unfortunately, the unlimited nature of digital stimulation can have serious consequences.

#### — MENTAL HEALTH STRUGGLES

Too much screen time can negatively impact your thought processes and emotions. According to one study, adults who watched TV or used a computer for more than six hours in a day were more likely to experience moderate to severe depression.<sup>2</sup> Also, virtually connecting with others isn't the same as meeting in person; using screens instead of making plans can lead to loneliness and isolation.

## — DIMINISHED CREATIVITY

We are creative beings, and our imagination is a foundational part of our thinking and behavior. According to Brian Solis, a digital anthropologist, electronic distractions can block this creativity and inhibit our ability to come up with fresh, new ideas.<sup>3</sup>

## — RISK OF OBESITY

The physical consequences of digital addiction can be just as dangerous as mental ones. Whether you're scrolling through social media or watching a television show, screen time is typically a sedentary activity. Research proves that this type of lifestyle is linked with a higher risk of obesity.<sup>4</sup>

## — DISRUPTED SLEEP

Looking at an illuminated screen before bedtime can interfere with your body's circadian rhythm. Studies show that the blue light emitted from screens can make your brain think it's still daylight, which limits the release of natural sleeping hormones and makes it harder to fall asleep.<sup>5</sup> The cumulative effect of reduced rest can lead to mental, physical, and emotional exhaustion.

## — VISION ISSUES

Computer vision syndrome (CVS) results from prolonged computer, tablet, e-reader, and cell phone use.<sup>6</sup> It can cause dry eyes, headaches, eye strain, and even blurred vision. Factors such as lighting, computer glare, and viewing distance can also worsen eye strain.

## — NECK & BACK PAIN

The human body was not made to be hunched over screens all day. Too much time in that position can put added stress on your back, shoulders, and neck. If you've noticed tension in your spine, consider how often you crane to look at your phone or computer. (We devoted an entire eBook to stretches that can help you relieve your neck and back pain. [Download it here.](#))

## DETOX TIPS

Taking a break from screen time enables you to reset. It also provides you with a way to differentiate unhealthy habits from the advantages of media use so that you can make better decisions in the long-term. As you're planning your digital detox, keep these tips in mind.

## — BE REALISTIC

It might not make sense for you to shut off all access to technology. You might need your email for work or your phone to keep in touch with someone. To set achievable goals,

make a realistic commitment. Try picking a specific time to turn off your devices so that you can be more present. Alternatively, select one form of media that you want to stop using for a while. Maybe you can't give up your phone, but you can give up television and streaming services to make intentional time for your family.

### — MAKE CALENDAR SPACE

Do you use the calendar on your phone, or do you keep a physical planner? Either way, you can hold yourself accountable to your digital detox by writing down reminders of when it's time to turn off. With many smartphones, you can even set limits on your screen time so that apps lock once you reach a certain threshold.<sup>7</sup> If you prefer paper calendars, write down the days that you will limit or avoid technology. You may want to take a whole weekend off or simply block off a few hours each day.

### — PICK UP SCREEN-FREE HOBBIES

Phones and tablets are constant distractions, and sometimes it seems easier to scroll through social media than do something else. However, our hobbies are the catalysts for our creativity. Try adding something new and unexpected to your day. These are just a few options:



— Make a new recipe

— Go to a local park or nature preserve

— Get a coloring book

— Take a fitness class

— Play a board game with your family

— Work on a puzzle

— Read a book (a real book, not an eBook)

As you try new hobbies, you'll likely find yourself gravitating toward technology less. You might be surprised by how much you enjoy setting down your phone and experimenting with new activities.

### — “FORGET” YOUR PHONE

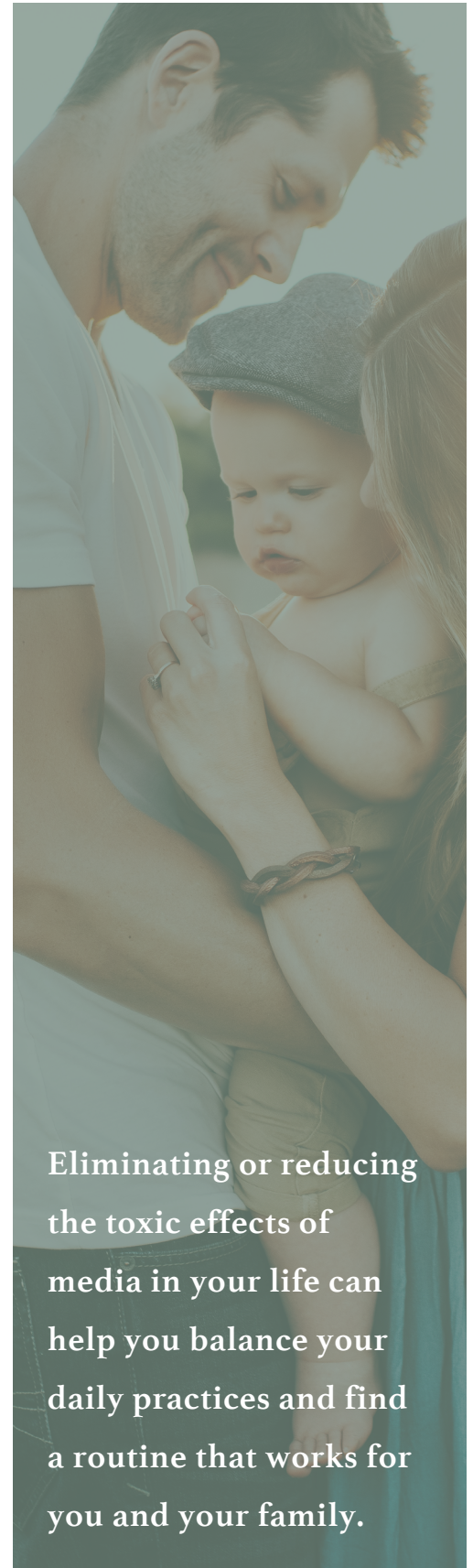
One of the best ways to hold yourself accountable to a digital detox is to leave your phone behind when you go out. For example, if you plan to take a walk with a friend or go out to dinner with your family, don't bring your phone with you. If you are unable to leave your phone at home, then try leaving it in your car. When you reflexively reach to check it while you're out, it won't be there, and you can focus on being present with the people who help restore your mind and spirit. If you must keep a phone on you for work or safety reasons, you could turn it to airplane mode or change your settings so that it only rings for specific callers.

### — REARRANGE YOUR APPS

Have you ever opened an app on your phone out of habit instead of intent? You might find yourself staring at your email inbox or your social media feed without realizing how you got there. “Mindless finger patterns” can be our worst enemies.<sup>8</sup> One way to break this routine is to give your home screen a makeover. Try organizing all your apps into folders so that you don't see them right away when you unlock your phone. This way, you'll have to make an intentional decision to open one, and it will be easier to avoid mindless scrolling.

### — FIND STRENGTH IN NUMBERS

Turning off technology is hard, especially when you're used to accessing it constantly. Build a support team of people you trust and share your detox plans with them. If you're attending a fitness class with friends and getting dinner afterward, give someone your



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phone so that you aren't tempted to look at it. Having people who can encourage you through your detox can motivate you to stick to it.

## — PERSONALIZE YOUR DETOX

Your needs for a detox will look different than others' needs, so try to customize the process. Here are methods you can try:

**Fasting:** Go all-in on your detox for a short amount of time, such as no media for an entire day or no television for a week.

**Recurrent Detox:** Pick the same day each week to follow your detox rules, rather than implementing them 24/7. You could also pick a time each day to turn off your devices; for example, two hours before bedtime.

**Isolated Detox:** If there's a single app, game, or site that isn't serving you, cut it out of your schedule rather than doing a detox of everything.

**Social Media Break:** Restrict or eliminate the social media platforms that take up too much of your time or leave you with negative feelings.

Take some time to evaluate your personal weaknesses regarding your digital devices and tailor your detox schedule to those needs. The long-term goal of a detox is to rejuvenate your mind, body, and spirit to be more intentional with the people around you.

## Conculsion **Digital Detox: Find Peace Away from the Screen**

Eliminating or reducing the toxic effects of media in your life can help you balance your daily practices and find a routine that works for you and your family. As you clear your head and restore your passion for true wellness, continue to gravitate toward the things that inspire you, help you feel better, and equip you to think more clearly.

At Trinity School of Natural Health, we strive to empower you on every step of your wellness journey. If you want to pursue a natural health education to transform your life and improve the world, reach out to an enrollment specialist at 800-428-0408, option 2.



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## References

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