



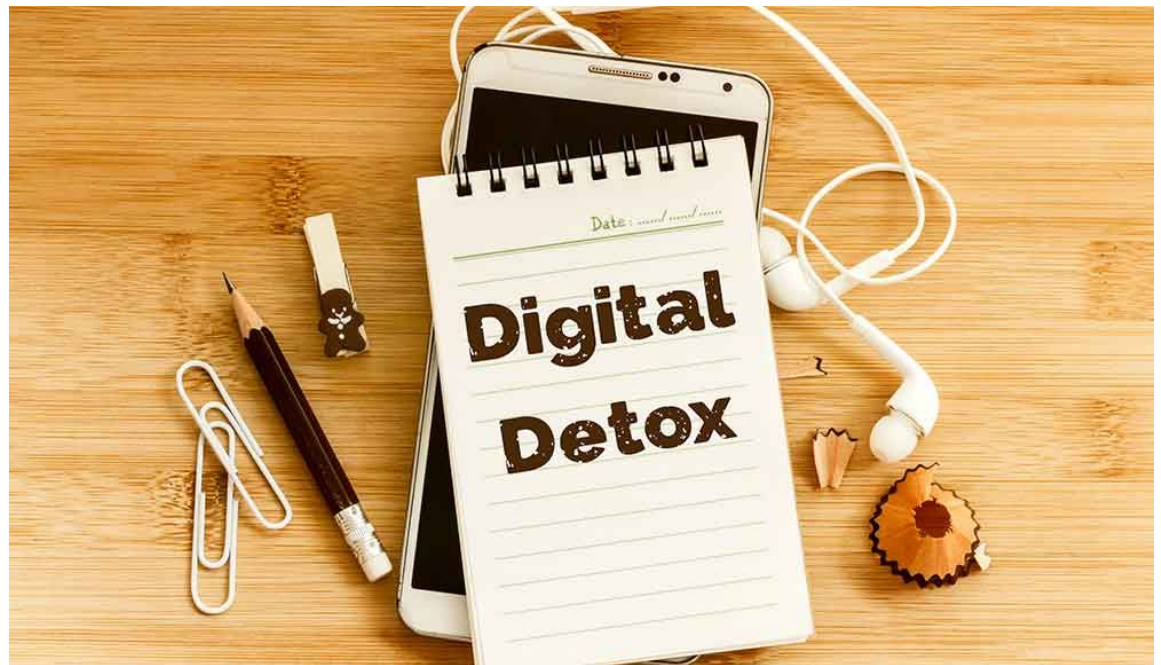
# Digital Detox

What is a healthy amount of screen time?

Screen time = the time spent looking at a  
phone/computer/tablet/laptop/kindle

# The idea of a Digital Detox

- ...to reduce screen time and be more present in the moment.



# Do you have any tips on how to have a successful digital detox?

- Stop notifications
- Leave your phone in the car when you go to work
- Carry a book with you at all times so that when you are bored you read instead of going on your phone
- Spend more time in nature
- Leave your phone in another room whilst you sleep
- When you have dinner with people switch your phone off

# a conversation with a doctor

**Feifei**

Ooo. You don't sound too good, Neil. What's up? Are you sick?

**Neil**

I feel sick.

**Feifei**

What are the symptoms?

**Neil**

OK, Dr Feifei. Here we go: I can't sleep, I feel anxious all the time, I can't concentrate on anything, I have itchy eyes, I'm tired, my neck hurts... I've terrible headaches.

**Feifei**

Ah, I know what the problem is. Do you happen to spend a lot of time online?

**Neil**

Yes – all the time.

**Feifei**

Do you keep your phone with you in bed, at dinner, in the toilet?

**Neil**

Yes, yes, yes, of course – what's this got to do with how awful I feel?

**Feifei**

You need a detox.

**Neil**

A detox? But I haven't drunk any alcohol for months, I exercise every day and I only eat organic food.

**Feifei**

No – you need a digital detox. A digital detox is a period of time away from all devices that can connect to the internet.

**Neil**

I can't do that! It's impossible! It'll get even worse! What if someone likes my status at 4am and I miss it!?

**Feifei**

Now that IS a sign you're addicted. You really do need a digital detox. Let's hear some examples.

# Questions

- **Do you set limits with your mobile phone, for example, leave it in the car when you go to class or leave it in the bedroom when you have dinner with your family?**
- **Do you set app limits? For example: only spending 20 minutes on facebook everyday.**

# Digital Detox Camp

## Camp Grounded®

Camp Grounded® from Digital Detox® has hosted thousands of adults who go completely off the grid for a 3-night summer camp. Campers get the chance to feel like a kid again and reconnect.

You'll experience amazing music, enjoy healthy meals, dive into activities, and connect with others, without any devices. Campers don't use their real name, can't talk about work, and leave all of their technology behind them at the door.



# Would you do a Digital Detox Camp?