

Digital Detox Guide to Freedom

~ ~ ~

Helping You Rediscover Life Beyond the Screen!



Stressed. Tired. Overwhelmed. Anxious. Distracted. Dissatisfied. Feeling left out.

These are all symptoms of a **digital overload**.

Too much screen-time goes hand in hand with a deficit of nature – more time with your device means less time outside and fewer moments in meaningful communication with the people in your life that you know and love.

Smartphones are gadgets of distraction in the modern age.

They tell us the weather before we step outdoors, they offer games aplenty to keep our fingers busy at *work* and they occupy our brains with an ever-flowing access to the time of day and to any questions that may come quickly to mind. The answers to which can be found shortly and sweetly by a trusted Google, but how long will you retain the answer?

Technology, still in its infancy, or rather in its rebellious teenage years, is running wild and providing us with a constant supply of eye-candy, ideals that can never be achieved and sometimes the internet (and the people we follow) actually make us feel inferior.

It is hard to set the phone down and be “unavailable”, but it is absolutely necessary to do just that from time to time.

Why? It’s called self-care, and it is a trending topic nowadays, for many good reasons too. As a society we are becoming excessive consumers and far too easily fall for whatever we are sold, so long as it is convenient and the price is right.

Marketing is big business! You already know that, but how well do you believe it?

Do you need the latest smartphone, or do you even need one at all? Most would say you do, and we are not here to judge your phone preference, yet it must be stated: **you have to know your tech-limits**. After all, that is the bottom line.

Are you consuming 24 hours a day, 7 days a week, or are you shutting off the Wi-Fi from time to time?

As you get older and wiser, you will find that a good night’s sleep is essential to your contributions during the day – and, quite obviously, the same goes for kids too. For more relaxing sleep you can shut off the Wi-Fi at night and switch over to a significantly lower EMF-emitting cable connection instead, or even turn your phone completely off at night and use a mechanical alarm clock to wake up early in the morning. Radical ideas in a screen-crazed age!

What are EMFs and why do they matter?

They are invisible electromagnetic fields that emanate from Wi-Fi and other electric devices (refrigerators, mobile phones, lamps, wiring, outlets, power meters and so on). They are silent, but just because you cannot see them, does not mean they cannot harm your health. If the existence of EMFs can be measured through walls, why do we believe that they do not go through our bodies? In fact they do, and although the scientific evidence may be lagging behind, there is enough rationale to limit them in our lives.



We've found 9 compelling reasons for a weekly digital detox in our household, here they are:

1. Better sleep
2. Experiencing the calm that comes with quiet
3. Relaxation – discovering new hobbies, time for cooking, finding useful and productive things to do with your hands
4. Decompressing
5. More time spent outdoors
6. More opportunities to focus on health
7. Tending to relationships/family
8. Re-establishing sense of purpose in life
9. Growing your sense of altruism

You can take a digital detox any way you like it. Short-, medium- or for an extended duration (even a week or a month!).

It really depends on your personality and work/professional schedule, but, at a minimum, you should **strive for 1 full day, or 24 waking hours a week, without the use of Wi-Fi and screens, T.V. included.**

Give your brain a chance to relax and shut off your phone an hour before you go to bed every night, and don't turn it on for at least an hour after you wake up.

Choose an entire day to go without phones, laptops or games. Step it up and take the entire weekend off! Use it as a time to cook, entertain, meet up with old and new friends, head out for a hike, go camping, get gardening, read a physical book with paper pages.

Make a digital detox retreat of your own: Turn off the Wi-Fi at home (hint: you should be doing this every night) and try to use no device what needs to be plugged in. But that is not to say that you should run things on battery instead in the same soothing periods (think of the fact that batteries have their own ecological footprint as environmentally hazardous materials).

If your Digital Detox is planned for an extended period of time, make sure to let the important people in your life know that you cannot be reached from X to Y dates.

Sometimes it is easier to face screen-free time when others are doing exactly what you are doing. More and more options are available to experience a digital detox workshop with like-minded people.

Life is short, and you want to feel good about living a life of meaning and purpose. Quickly think about your **happiest memories** from the past 5 years. Technology may be present in the image, but most likely it was not the screen that made you smile, it was the person behind it who brought the moment of bliss.

It's time to get back to our senses and say that too much technology is too much.

It is an overload that the human body cannot handle effectively or efficiently. Rather than fight it, work with it, and know that at least for now, **technology has an off button. Use it!**

Clever tips to help you think beyond the screen at home and as you travel:

- Get a journal/notebook and write by hand all that is on your mind.
- Sketch instead of taking a zillion mediocre pictures of your vacation (digital storage is still storage...), or commit the important moment to memory instead.
- Turn off your phone and invest in a well-working kinetic or wind-up watch to know the time.
- Sit and simply be. Practice patience for all it is worth – watch the birds or the butterflies, meditate and dream about the joys of screen-free times...
- Embrace quiet. Experience mindfulness without a sound – no radio, no T.V., no distractions.
- Play, dance, have fun!
- Remember your own childhood without digital devices, and pass those visions onto your children.

Getting back to the not so distant past will allow us to remain rooted well into the future.