

# UNPLUGGING FROM TECHNOLOGY

## **Unplugging from Technology - 8 things to do during your digital detox.**

Have you ever got your screen-time notification and been shocked at how many hours you spent on your phone? Or has your Netflix ever judged you by asking if you are still watching that show? At the minute, we are spending so much time at home, it is normal for us to reach for our phones or the TV remote. But is technology really what we need more of right now? Maybe now is the perfect time to start your digital detox.

### **What is a digital detox?**

First things first. You don't need to give up technology altogether. In these uncertain times, we need it for study, work and communication. But you might find you develop a healthier relationship with technology if you unplug for a little while each day. Here are some things you can do during your digital detox.

### **Get Active**

Go for a walk. You have no idea how much better you will feel if you get outside and stretch your legs. If you don't want to leave your house, you could do some light exercise inside. Lots of bloggers are providing free workouts – I would recommend P.E with Joe Wicks – it's a great way to start your day and it's not just for kids!

### **Get Creative**

Doodle. Buy a colouring book. Try a jigsaw puzzle. Activities like this are great at keeping your brain busy and can be much more fun than you would think. Time will pass quickly and you mightn't look at your phone for an hour or two. I have become heavily invested in my 1000-piece Disney Frozen puzzle.

### **Get Organised**

You might not like this one, but it is good for your brain, promise! Organise your room – clean and tidy where you can. Sort your wardrobe, arrange a bag of old clothes to go to a charity shop once they re-open. Tidy house = tidy mind.

### **Get Cooking**

Not just cooking – baking too! There are so many amazing recipes out there. Why not try something new to impress your friends/family/significant other with once you get to see them again. I would recommend the Belfast Food Blogger for ideas (you might need to cheat and use your phone to look him up!)

### **Get Back in Touch with Yourself**

This doesn't need to be as complicated as it sounds. Just take some time to focus on you, away from your screen. Relax. Think about what helps you to de-stress. If you are into it, try meditation and focus on your breathing. If not, listen to music, run a bubble bath, have a nap. Maybe think about what you would like to achieve in future.

### **Get some rest**

Speaking of naps, make sure you get enough rest. Now is the perfect time to ensure you get a good night's sleep. We are coping with so much in these uncertain times, so a good night's sleep will help your brain stay calm and keep you focussed for the day ahead. Experts say teenagers can need anywhere from 7-10 hours' sleep – make the most of it! If you have trouble sleeping, we'll have a blog post about that coming soon.

### **Get Talking**

Communication is key when you are isolating. And you can do this without using technology. Who do you live with? Why not ask them something about themselves that you might not know? You might be surprised at the answers you get. Look through old photo albums together. Play games with your family. Ask them if they need help. Make sure you tell them if you need help.

### **Get Help**

This is important. If you are struggling, and everything is becoming far too much, get help. Talk to a family member or a friend that you trust. You are not alone, and you can guarantee that someone else is feeling the same way as you. Let's help each other.

Try doing a few of these things each day, and your digital detox will be well on track. Remember, you don't have to give up technology altogether. But make sure you are using it wisely in a way that is good for your mind.