

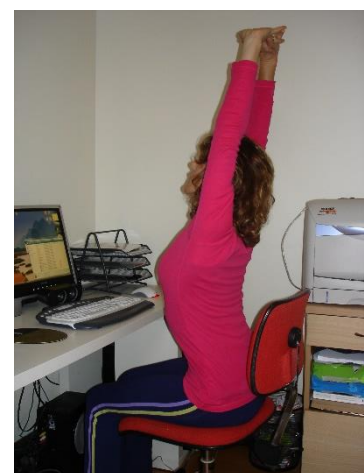
15 Easy ways to gently detox from technology

- Carry a book with you so when you're prone to grab the phone for some entertainment you have something more calming to amuse you.
- Turn off background noise (radio and tv) unless you are actively listening to it and enjoying it.
- If you're going out for lunch or dinner turn your phone off as you enter the restaurant and put it away.
- Give yourself an hour each morning (minimum 30 minutes) before you turn your phone on.
- Be selective about the movies and programs you want to watch on television so you're minimising sitting in front of a screen for no good reason.
- Turn all screens off half an hour before you go to bed.
- If you walk or jog for exercise, leave your phone behind and enjoy being outside in nature.



- Go to bed without your devices!!! Studies have shown that even having a turned off phone next to your bed makes it harder for you to switch off and get a good night's sleep.
- Pick the most convenient time of the week to have a totally technology free period.
- Set an alarm on your computer to remind you to move your body and take your eyes away from the screen every hour. You can find some very nice chime alarms online for a gentle reminder.

- Manage your emails in one or two hits rather than dipping into them randomly during the day.
- Limit what you have open on your computer to two things at any one time.
- Every week have a social media free day. Research has shown that browsing social media sights can contribute to anxiety and feelings of inadequacy. Give yourself a break.
- If you're awake in the night, instead of reaching for your phone concentrate on some long slow deep breaths and relax your body as you exhale.
- Be conscious of times when you are distracted by your phone rather than fully engaging with family or friends. Those moments will not come around again!



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