**Digital Detox**

*Could you significantly reduce the amount of time you spend looking at screens and connecting with electronic devices this week? Even though we’re zoom-dependent for many things during the pandemic, we could still take a good look at how much we actually need to be online, and where we can take breaks and focus on old-fashioned ‘analog’ ways of doing things (eg reading books, writing by hand etc, using telephone instead of email etc).*

You can still use this week to explore your habits for digital distraction! Try doing something different and really notice the effect it has on your mind. Make a commitment to one concrete action that feels realistic for you but is also a challenge!

• Could you commit to not using the internet except for essential purposes this week? Maybe you could set up an automatic reply on your e-mail account to say that you won’t be checking your messages this week. If that feels too challenging, why not set a time limit for the week or for each day when you can be online, perhaps a specific time of each day so that you have a clear boundary. And how about committing to not using any social media this week?

• If you need to use the internet at work, commit to not doing any non-work internet surfing. And to only having one window on your computer open at a time.

• If you have a Smartphone, think seriously about setting some limits to what it is able to do. How about turning off your notification settings for texts and e-mails? Or disconnect it completely from the internet? Or put it in a sock (or put a rubber band round it) to make you more aware of what you’re doing each time you pick it up!

Even a reduction in the amount of screen time we regularly clock up will have an effect – so consider making some definite intentions (and sticking to them!).