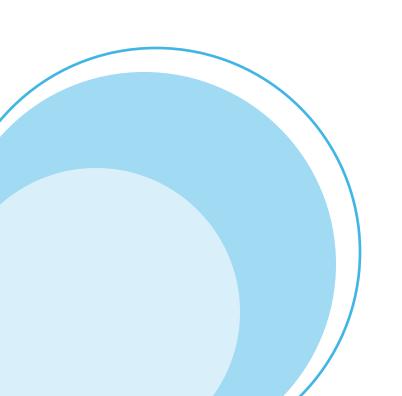


Digital Detox

Stephanie Patek May 2025



Objectives





Explore how technology overload effects social interaction



Begin to investigate your habits and set boundaries



Talk about ways to limit screen time and detox from technology



Discuss ways to effectively balance connection time and quiet time

Views from a digital society

According to a January 2023 survey of 3,416 adults in the U.S., conducted by market research firm CivicScience:

- Less than half (43%) socialize with friends in-person on a daily or weekly basis
- Nearly a fifth said they socialize inperson less than monthly (19 percent) or rarely/never (16 percent)

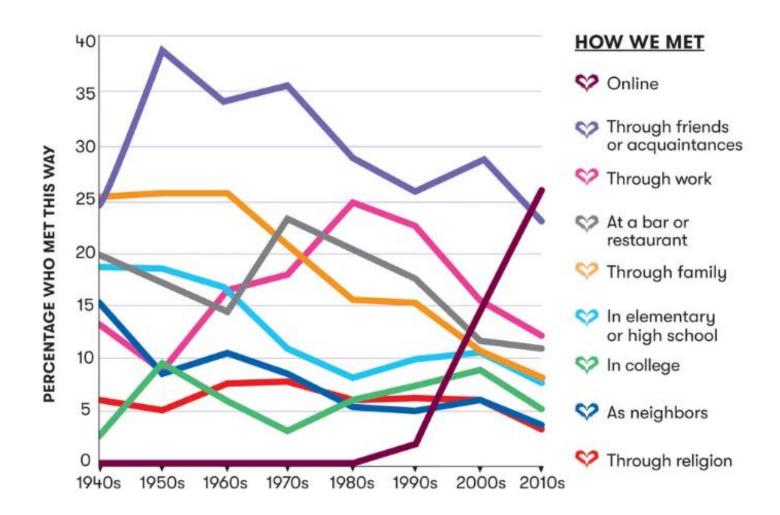
(Newsweek.com)



Technology & Relationships

- People are moving. About 8.2 million people moved in-between states, impacting family dynamics.
- Approximately 3.7% of US households have 3 or more generations, all with different outlooks and habits surrounding technology.
- Up to 50% of couples are now meeting online, with 72% stating that meeting on a dating app led to a romantic relationship.





Relationships

Although data varies, a large portion (about 42%-57%) of adults still prefer in-person connection. Gen Z's show higher numbers (82%)

How to Promote In-Person Connection

- Put the phone away when partner/family/friend are around.
- Eat meals sans technology.
- ☐ Silence notifications when around others.
- ☐ Practice making eye contact.



How does social connection impact health? (CDC)

Health risks of social isolation may include:

Heart disease and stroke

Depression and/or anxiety

Addiction

Self-harm or suicidal ideation

Dementia

Earlier death

Health benefits of connection may include:

Prevention of chronic disease and improved mental health Promotion of healthy behaviors and healthier weight Reduction of physical and emotional risks





Reflecting on My Tech Use

A journaling activity:

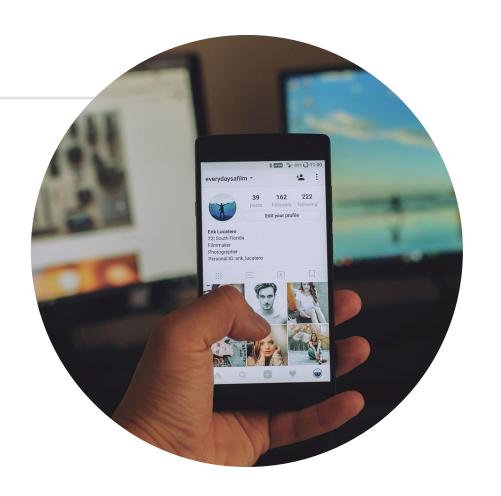
- 1. List 5 reasons you reach for your phone or device.
- 2. Reflect on any negative emotions you feel when you are on social media.
- 3. Generate a list of 5 short daily activities that don't involve screens.
- 4. List ideas for a bedtime routine that you can do that will fill downtime instead of being on a device.
- 5. List 3-5 engaging and/or interactive activities you can do with family or friends instead of using a device.
- 6. List places you enjoy being that you can visit to replace screentime.

Cellphone Use

- About 97% of US Adults own a smartphone
- The average person spends about 4 hours and 43 minutes daily and checks the phone 58 times per day!

Setting Limitations

- ☐ Turn off app notifications.
- Keep more than an arm's reach when not in use.
- □ Set limits
- ☐ Practice making eye contact.



What's Your Average?

What amount of time do you spend:

Unlocking your device?

Picking up your phone?

Getting notifications?



usage, including how often you unlock your device and view notifications, which can be an indication of how many times you've picked it up. Ø

Here's how to find this information:

iPhone:

- 1. Open the Settings app.
- 2. Tap on Screen Time.
- 3. Tap on See All App & Website Activity.
- 4. Scroll down to the Pickups section.
- 5. The number of pickups will be displayed.

Android:

- 1. Open the Settings app.
- 2. Tap on Digital Wellbeing & parental controls.
- You'll see a chart showing your device usage today.
- 4. Tap the chart for more information.
- 5. Look for "Times opened" to see how many times you've unlocked your device.



Ways to Disconnect

Set App limits

Set up bedtime mode

Set screen time reminders

Reduce weekly average on social media

Flip to "Shhh"







Practical Ways to Build Better Relationships

- 1. Vocalize your appreciation for your partner/spouse, friends, kids, family, co-workers.
- 2. Excuse yourself and walk away if you are getting angry or upset.
- 3. Turn off distractions.
- 4. Ask the person questions.
- 5. Actively listen to the other person.
- 6. Use understanding and compassion when necessary.
- 7. Take time to connect with those you care about.



Tips for Making & Fostering Friendships

- Accept invitations and invite others
- •Get out of your comfort zone
- Volunteer
- Schedule meet-ups for a common interest
- Running/exercise/sports
- Book clubs
- Video/board games
- Travel
- Neighborhood groups

- Charitable events
- Creative hobbies
- Gardening
- Pet activities





THANK YOU

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