

BLLENHEIM

Digital Detox Guide

It's tough to get away from the digitals in this day and age, but there are huge benefits of unplugging. From the minute we wake up to the moment we go to sleep, we're surrounded by screens. In fact, research has revealed that the average Brit checks their device 85 times a day, spending a total of five hours browsing the internet and using apps, which adds up to around a third of the time a person is awake!

Why should I do a digital detox?

There are a few questions to ask yourself before embarking on a detox. Are you frustrated at the amount of time you spend online, without accomplishing anything else? Do you rarely read an article from beginning to end? Does your partner, children or friends complain that they never have your full attention? If you answered yes to any of these, taking a screen break could be something to consider.

By 'disconnecting' yourself, you'll find that you connect better in person. For example, if you usually listen to music or an audiobook when you take a walk, try forgoing the headphones and see if you meet new friends on your daily path. Without a device at your fingertips, you'll also be able to focus more on the task at hand, whether that be at work or at home, and your mental wellbeing could improve – the internet, smartphones and social media have all been linked with depression and anxiety.

Another great benefit of logging off is that your sleep cycle should get better – electronic devices emit blue light that can interfere with your circadian rhythm, telling your brain that it's daytime and disrupting your slumber.

Where do I start?

Going without your digitals can be hard, but it doesn't have to be impossible and the key is to start small. It's amazing what a difference just one day off from being constantly connected can make. You get a sense of having time for things and being able to think without constant interruptions.

A good first test is whether or not you can pop to the shop without your smartphone. The next step is to give yourself a usage limit. Take time out daily to 'unplug' and go for a walk in nature, do some meditation, stretch or attend a yoga or similar fitness class. Rather than switching on the TV at night, pick up a book that you've been meaning to read.