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Digital Wellbeing And Detox

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What Is Digital Addiction ?

A disorder that involves the obsessive use of digital devices, digital technologies, and digital platforms, i.e. internet, video game, online platforms, mobile devices, digital gadgets, and social network platform.

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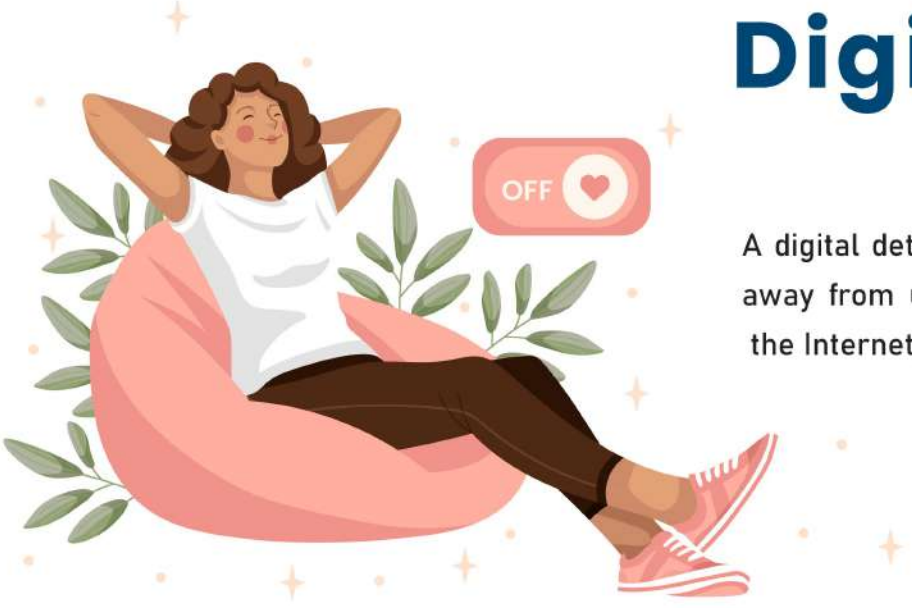
What Is Digital Detox?



A digital detox is a period, in which a person stay away from using electronic devices connected to the Internet, such as smartphones and computers.

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How Much We Are Addicted To Technology:

Research suggests that,

- An average person check their phones at least 200 times a day.
- One in four people spend more time online than the do asleep.
- 70% of young adults prefer texting to calling.
- An average teenager spend 3,400 electronic messages a day.

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Signs that You Are Digitally Addicted :

- You feel compelled to check your phone every time it buzzes.
- You get anxious if you don't check your phone.
- You often fail to be productive.
- You sacrifice sleep to be online.
- You feel guilty, disappointed and even depressed after using your phone.

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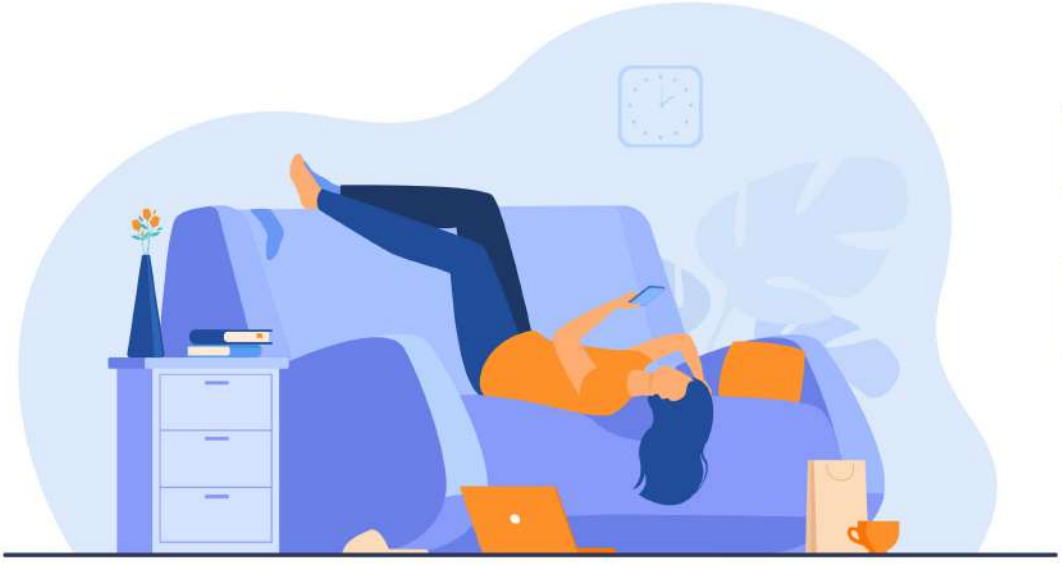
Are We Becoming The Hostage Of Our Digital Habits?



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Risks Of Digital Addiction:

- Fatal crashes resulting in death are caused by driver distraction while using smartphones.
- The reaction times of texting drivers deteriorated by 35% much worse than those who drank alcohol at the legal limit.
- When texting, you tend to wander cross the lane.

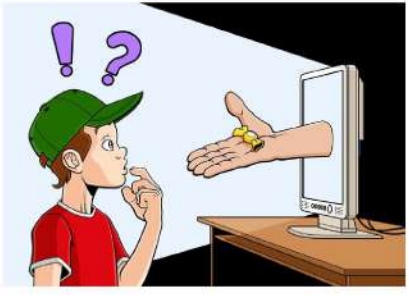
Positive & Negative Impact Of Technology On Family Time:

Positive Impact	Negative Impact
More Connectivity.	Intensive Screen Times.
Increased Interaction With Distant Relatives.	Decline in face-face reactions.
Immediately reached if family is in trouble.	Interrupted family Time.
Security systems at home.	Setting Wrong Examples.

Digital Habits Of Childrens :

Relationships and Social Skills Issues

- Not spending enough time with their family and/or friends.
- More likely to be virtually connected with friends, sharing photos and texting online than actually meeting them in person.



Health Problems

- Less physical activities resulting in weight gain
- Eye Problem
- Sleep problems
- Appetite issues

Browsing Online Can Be Dangerous

- While browsing online we often face harmful things such as phishing, virus and other dangers disguised as advertising.

- A study from 2005 says that 70% of teens aged between 15-17 have accidentally stumbled across pornography online.

Mobile Device Overuse Reduce Sleep Quality

- According to the research "Kids are being kept awake by their phones even when they're not using them" over 72% of all children have at least one device in their bedroom.

Is Your Smartphone Affecting Your Relationship?

The word Malware is derived from the term malicious software. Hackers develop malicious software to infect and gain access to the victim's computer without the user's consent.

Good Internet Habits :

- To limit screen time.
- To be safe online.
- To be honest with you about your activities.
- To have good device manners.
- To practise critical thinking.

Threats Of Internet:

- Cyberbullying
- Cyber Predators
- Inappropriate Content
- Fake News

Digital Citizenship & Internet Safety:

- **Laws-** Many Sites and web tools are 13+. Most images and work online are protected by copyright.
- **Talk-** Tell your parents what you are doing online. Always asked a trusted adult if you are unsure of anything.
- **Friends-** Don't add or meet online friends without parents permission. Don't trust strangers.
- **Privacy-** Keep your personal information secure. i.e your name, address, login credentials etc.
- **Bullying-** Tell someone if you think cyberbullying is happening to you or other person you know.
- **Accounts-** Choose sensible email addresses and usernames. Use strong passwords and do not share it with anyone.
- **Unplug-** Balance your screen time and green time. Go outside play, walk and do the face-face conversations with your friends.

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What Is Data?

- Photos
- Videos
- Documents
- Login Credentials
- App Data

Digital Footprint

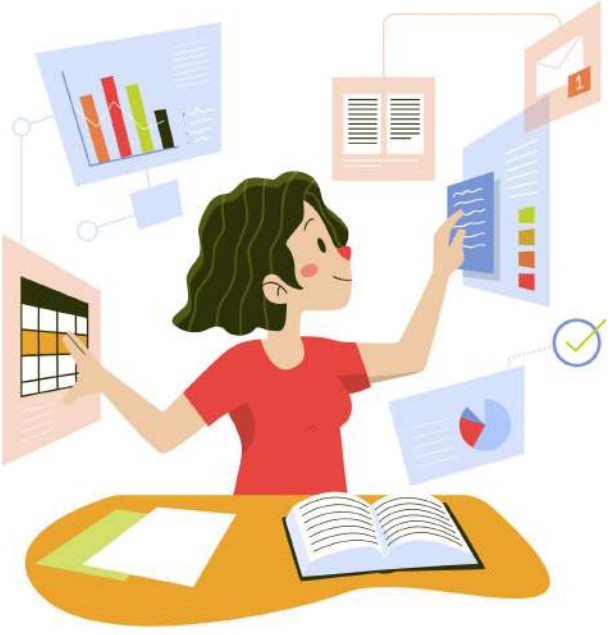
Your Digital Footprint is the data that you leave online, with or without your knowledge.

It Includes :

- Private messages
- Emails
- Browsing history
- Interests etc.

Psychological Positive Effects Of Technology:

- Promote Productivity.
- Easily access to Healthcare.
- Monitor Health.

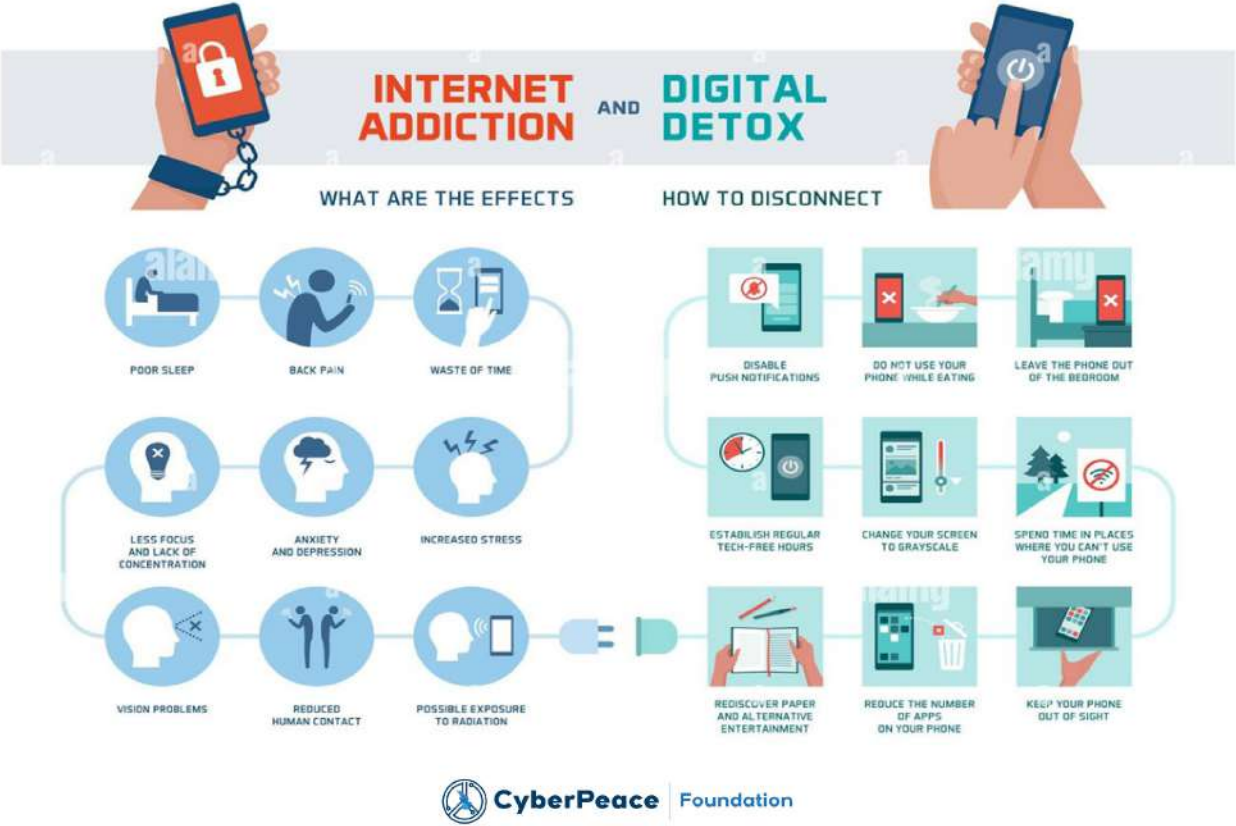


Psychological Negative Effects Of Technology:

- Depression and Other Mental Health Issues.
- Lack of Sleep.
- Obesity.
- Learning Barriers.
- Decreased Communication and Intimacy.
- Increase of Online Bully.
- Loss of Privacy.

Need Of Digital Detox In Our Life:

- To reconnect with the people & world around you.
- To discover new hobbies
- To sleep better.
- To take some time for yourself.
- To improve your attention span
- To improve your health.
- To enjoy life more.


INTERNET ADDICTION
AND
DIGITAL DETOX
WHAT ARE THE EFFECTS
HOW TO DISCONNECT
POOR SLEEP
BACK PAIN
WASTE OF TIME
LESS FOCUS AND LACK OF CONCENTRATION
ANXIETY AND DEPRESSION
INCREASED STRESS
VISION PROBLEMS
REDUCED HUMAN CONTACT
POSSIBLE EXPOSURE TO RADIATION
DISABLE PUSH NOTIFICATIONS
DO NOT USE YOUR PHONE WHILE EATING
LEAVE THE PHONE OUT OF THE BEDROOM
ESTABLISH REGULAR TECH-FREE HOURS
CHANGE YOUR SCREEN TO GRAYSCALE
SPEND TIME IN PLACES WHERE YOU CAN'T USE YOUR PHONE
REDISCOVER PAPER AND ALTERNATIVE ENTERTAINMENT
REDUCE THE NUMBER OF APPS ON YOUR PHONE
KEEP YOUR PHONE OUT OF SIGHT
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Take a Break from the Digital World

Practice meditation and yoga everyday, as it helps:

- release inner tensions
- quiet the mind & stay focused
- make you happy, healthy, and resilient to stress & burnout

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#Unplug To Recharge...

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Questions:

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