

Digital Detox



Assessment

- The beautiful sunrise
- Enjoyed breakfast
- Color of the saree or dress your partner was wearing in the morning.
- Children friends name.
- Different types of flower plants you have in your balcony/garden
- Walking what kind of plants and trees have you seen in apartment / park
- Screens are which color



Being plugged in is a normal way of life now.

➤ Morning

- Wake to smartphone alarm
- Breakfast with TV news and scanning text messages

➤ Through the day

- check email
- chat with friends
- Facebook and Instagram

➤ Evening

- favorite TV shows
- online shopping

➤ Bedtime

- Apps for meditation / white noise.



Nowadays people carry

- . work in their palms (mobile) or wrap them around their arms and on their lap all the time.
- . A very thin line between work and life
- . Covid has made it even thinner.

- . There are very disciplined individuals who draw a solid line between the 2 and manage it well.

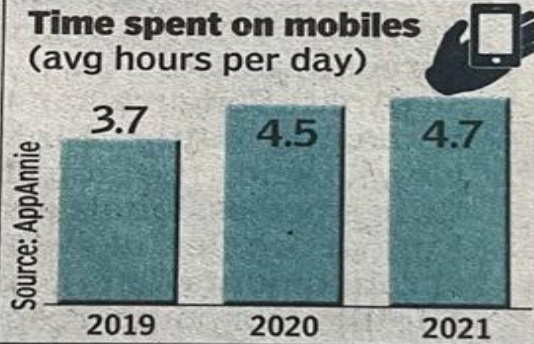


Indians spend nearly 5 hrs daily on mobiles in 2021

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Chennai: Indians spent almost a third of their waking hours on their mobiles in 2021, thanks to the impact of the pandemic on digital habits. The average hours spent on a mobile per day per user surged by around 4.5% from 3.7 hours in 2019 to 4.7 hours in 2021, according to data from global app intelligence firm AppAnnie sourced by **TOI**. The time spent on mobiles in 2020 had stood at 4.5 hours per day. Overall, India saw 655 billion hours spent on mobiles in 2021 (on Android phones) — a 37% increase

5TH GLOBALLY



since 2019 (381 billion hours).

India stood at fifth place globally in terms of time spent on mobiles after Brazil, Indonesia, South Korea and Mexico. “Year 2021 was another blockbuster in mobile, following a pandemic-induced catalyst to mobile

habits in 2020. We saw the average user in the most mobile-first markets spend 4.8 hours a day, equating to nearly one-third of waking hours — up 30% from pre-Covid levels,” AppAnnie head (insights) Lexi Sydow said.

Consumers in India spent an annual 7.6 billion hours on shopping apps — a 16% year-on-year (YoY) growth from 2020, and 80% overall growth since 2018 (4.2 billion hours). The biggest gainer among social networks was Instagram, where users spent an average 13 hours every month — a 32% YoY growth from 9.8 hours in 2020.

Systematic review on problematic internet use showed that

- **75%** correlations with depressive symptoms,
- **57%** correlations with anxiety symptoms,
- **100%** correlations with attention deficit hyperactivity disorder symptoms,
- **60%** correlations with obsessive-compulsive disorder symptoms,
- **66%** correlations with hostility and aggression

The addiction problem in India is real

- **24.6 %** of adolescents have problematic internet use or internet addiction disorder (IAD)²¹.

Indian Council of Medical Research (ICMR) survey - 2,755 Bangaloreans aged 18 - 65 years

- **1.3%** addicted to the Internet
- **4.1%** to mobile phones,
- **3.5%** to social networking sites
- **4%** to online shopping
- **2%** to pornography
- **1.2%** to gambling

- **Digital detox:**

Digital detox refers to a period of time when a person voluntarily refrains from using digital devices such as smartphones, computers and social media platforms.

- **This form of detoxification has gained popularity, as individuals have increased their time spent on digital devices and the Internet.**



What are the benefits of taking a break from technology?

The benefits of taking a break from technology

- Calm and content
- Sharper focus and concentration
- Less stress
- More productive
- Feel better about self
- Better social interactions
- More control on time
- Improved interpersonal relationships
- Sleep better
- Get healthier



Types of addiction

Social Media

addicted to social media platforms like Facebook, Instagram, Twitter or YouTube etc.

Gaming

addicted to playing various games on digital platforms. also online betting and can lead to online gambling addiction.

Online shopping

online shopping addiction includes compulsive buying online or compulsive browsing that may or may not lead to purchase.

Digital compulsive information seeking

addicted to reading random information without any focus so much so that our productivity can decrease because of compulsive information seeking.

Sexual content:

Some individuals can get addicted to sexual content available online in the form of porn

Call or chat

getting on non-stop calls and chats on our mobile phones without any agenda.

Doom scrolling

excessive scrolling or spending excessive time online learning about negative news

Nomophobia

The fear of not having your mobile

Types of addiction

Selfies

Obsession with taking selfies with an obsession to post them online

Ringxiety

our cell phone is ringing when in fact it is not ringing

Zero Inbox Syndrome

keep on checking the notifications for mails

Digital Amnesia

Tendency to forget information because we believe that digital devices will remember those information

Digital burnout

Exhaustion, stress, anxiety, lack of interest in doing other activities. triggered by an excessive use of digital device or being in the digital space.

FOMO

Fear **O**f **M**issing **O**ut.
Fear of not being included in something (in an interesting or enjoyable activity) that others are experiencing

Being online all the time can cause?

All the time online can cause:

- **Self-image problems**
 - **Low self-esteem**
 - **Sleep problems**
 - **Depression**
 - **Anxiety**
 - **Weight gain**
- **Unhealthy eating**
 - **Lack of exercise**
 - **Lack of time management**
 - **Relationship issues**
 - **Work ethic problems**

Some of the reasons for digital addiction?

Some of the reasons for digital addiction:

- Boredom
- Loneliness
- Social anxiety
- Low Self esteem
- Lack of meaningful relationships or lack of meaningful interactions
- Not set their goals or they are not interested in whatever they are at present pursuing/doing



Ways to start Detoxing?

Ways to start Detoxing

- **Digital fasting- Big priority-Small chunks – Not How much – what to I do**
- **Digital hygiene**
- **Set Routine**
- **Yoga, Meditation, Eye exercise**
- **Mindfulness**
- **Give time to important Relationships**
- **Establish tech-free zones**
- **Reward yourself with tech-free times**
- **Don't wake up with your phone**
- **Stop the pings and notifications.**

PERMA -five core elements of happiness and well-being

P

Positive Emotions

What makes you feel good?

- hope, interest, joy, love, compassion, amusement, and gratitude
- Playing games/sport
- Getting out in the nature
- Physical exercise & breathing techniques
- Keeping a diary of what went well
- Keeping gratitude diary

E

Engagement

What flow activities make you loose track of time?

- Puzzles or boardgames
- Musical instruments
- Writing a poem, story or blog
- Indulging in creative tasks like drawing
- Working in the garden
- Cooking or baking
- Photo collage or video of recent trip

R

Relationships

Who brings you joy, peace & support?

- Catchups and get together in person or online
- Appreciating a colleague
- Spending a few minutes chatting to a stranger
- Helping someone with a problem
- Reminding someone that you love them
- Sending a thank you card

M

Meaning

What makes you feel worthwhile?

- Engaging in spiritual activities
- Making a donation to charity
- Fund raising through an individual or group challenge
- Volunteering in community activity
- Sharing knowledge / teaching

A

Accomplishment

What are your goals and how to achieve them?

- Making a to do list and prioritize
- Keeping goals SMART
- Starting a new project at home, do it yourself
- Learning something new – online learning
- Setting a fitness target
- Work life balance target

Ways to start Detoxing

- **Inform family and friends, take help and support**
- **Plan and keep other activities on hand**
- **Delete social media apps from your phone to reduce temptation and easy access.**
- **Do outdoor activities- sports, walk, spend time in nature etc.**
- **Journal the progress and write down your thoughts about the experience**
- **Delegate to apps**
- **Digital addiction assessments**
- **Discuss- take professional help**

Few Apps which you can use.

- **Moment (available on iOS) ...**
- **Flipd (Available on iOS and Android) ...**
- **Forest (Available on iOS and Android) ...**



- **Internet Addiction Disorder has been proposed by [KW Beard's 2005 article](#) in Cyber Psychology and Behavior.**
- **KW Beard's diagnostic criteria for identification of Internet Addiction Disorder in the general population:**
 - Is preoccupied with the Internet (constantly thinks about past use or future use)
 - Needs to use the Internet with increased amounts of time to gain satisfaction
 - Has made unsuccessful efforts to control, cut back, or stop use of the Internet
 - Is restless, moody, depressed, or irritable when attempting to control Internet use
 - Has stayed online longer than originally intended
- **In addition, Beard (2005) suggests at least one of the following must also be present in a diagnosis of Internet Addiction Disorder:**
 - Has jeopardized or risked the loss of a significant relationship, job, educational, or career opportunity because of the Internet
 - Has lied to family members, therapists, or others to conceal their involvement with the Internet
 - Uses the Internet as a way of escaping from problems or to relieve a dysphoric mood (e.g., guilt, anxiety, depression, helplessness)

- **Assessment for diagnosis of Internet Addiction Disorder :**
 - Young's Internet Addiction Test
 - the Problematic Internet Use Questionnaire (PIUQ)
 - the Compulsive Internet Use Scale (CIUS)

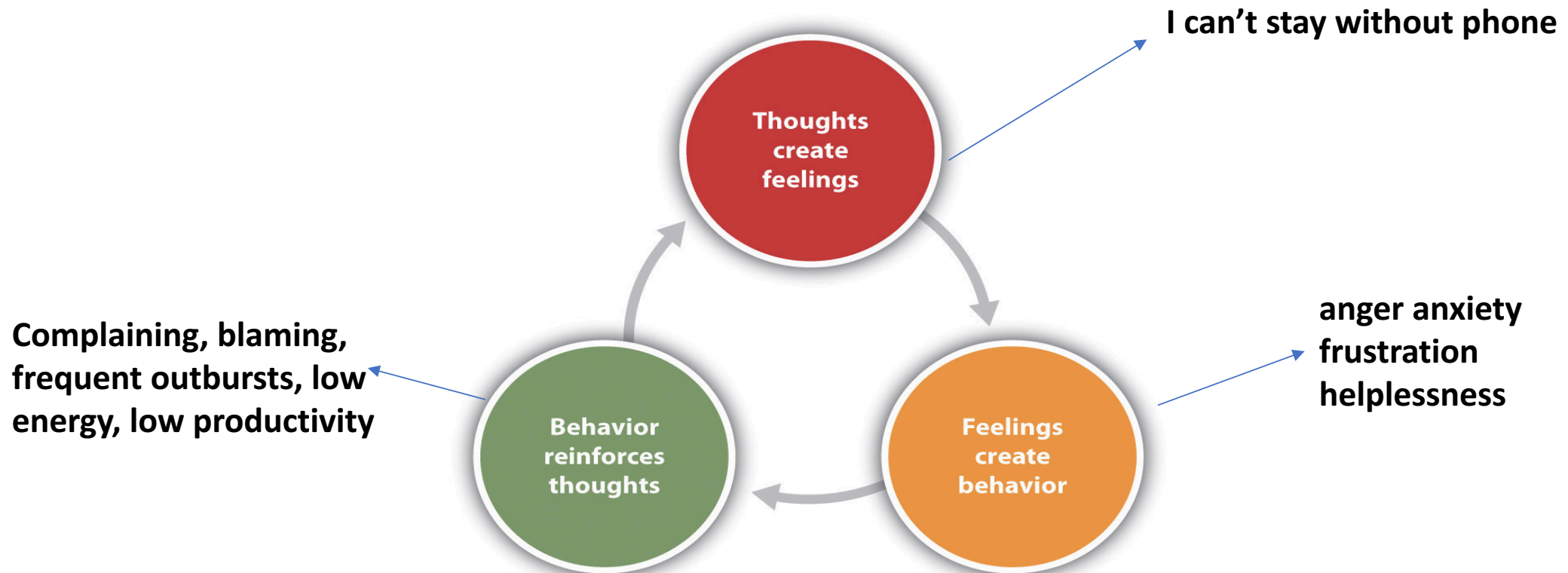
Reference

<https://www.psychom.net/iadcriteria.html>

<https://positivepsychology.com/perma-model/>

Technology is a great servant but a terrible master.

The Psychology of Thoughts, feelings and Behavior



Interventions

Meditation: square breathing

Mindfulness- 5 Sense meditation

Eyes exercises- Trataka, eye movements.

Exercises :Chair Yoga,8 walk

ThreeWaves (Space to Retrospect, Rejuvenate and Reinvent)

OUR SERVICES

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to make life meaningful and happy...**

**Rekha Naresh
Asha Anand**