



Digital DETOX

CONNECTING With the Present



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Although research increasingly shows the significant mental health benefits of regularly disconnecting from digital devices, for many of us, setting aside our constant companions is easier said than done. But you can do it — here's how, and why you should.

Mental Health Benefits

- **Reduced anxiety:** Taking breaks from screens helps lower stress levels and reduces anxiety associated with constant notifications.
- **Better sleep:** Less screen time, especially before bedtime, improves sleep quality and enhances overall mental and physical health.
- **Improved focus:** Routinely disconnecting from devices helps declutter the mind, allowing you to concentrate better and accomplish more.
- **Enhanced mood:** Stepping back from social media can reduce feelings of comparison, loneliness, and depression, contributing to a more positive mindset.

Tips to Implement a Digital Detox

- **Schedule regular breaks:** Set specific times to be completely offline, such as during meals, right after work, or before bed.
- **Create device-free zones:** Designate certain areas in your home — like bedrooms or living and dining spaces — off-limits to screens.
- **Replace screen time with physical activity:** Engage in hobbies or outdoor activities to replace the time usually spent on devices.
- **Notify contacts:** Let friends and family know when you'll be offline, so you feel less pressure to respond immediately.
- **Reflect and adjust:** After detox periods, notice how you feel mentally and emotionally and modify your breaks accordingly.

Let your Employee Assistance Program help you discover the clarity and calmness of a digital detox. Counselors are available 24/7/365, so call anytime for more tips and resources.

24 HOURS A DAY

800-222-0364

[FOH4You.com](https://www.FOH4You.com)

The Employee Assistance Program is a voluntary and confidential employee benefit available to eligible federal employees at no cost.