

# Stress Relief Through Digital Detox

Do you find yourself constantly reaching for your phone or device and refreshing, scrolling, and checking for notifications and new messages? Do you notice you have multiple electronics running at the same time? The pressure to be connected, responsive, and to complete multiple tasks at once is very real. It is no wonder people are stressed out. To combat screen-induced stress, consider a digital detox, which is essentially taking a break from, or greatly reducing your time on electronics.

Taking a break may be in order to tackle compulsive use, which is an urge to check your device despite any real need. If you decide to try reducing or cutting out screen time, start by determining the following:

- 1. What behavior do you want to target?** Do you want to eliminate or reduce time on social media, email, text, and/or binge-watching shows? Where do you think the source of stress originates from the most?
- 2. Establish specific goals.** These should be concrete to help you achieve your specific target behavior. For example, if you want to significantly reduce time on your phone at night, your goal might be "I will put my phone out of reach after dinner, check it one time before bed for 10 minutes, and then put it on the charger in another room".
- 3. Commit to a certain length of time.** Decide how long you will stick with your plan. Two weeks is typically the minimum amount of time to establish a new pattern.
- 4. Choose someone to confide in about your plan.** It helps to share your goal with someone who can offer support and hold you accountable.

After your detox trial period, reflect on how you felt and how your plan worked. Did you notice a reduction in stress? Did you feel more in control of how you spent your time? Is there anything you would change?

If you are feeling overwhelmed managing in the digital age, or with other matters, consider contacting your Employee Assistance Program.

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Suttie, Jill. "How Nature Can Make You Kinder, Happier, and More Creative." *The Greater Good Science Center at the University of California, Berkeley*. [https://greatergood.berkeley.edu/article/item/how\\_nature\\_makes\\_you\\_kinder\\_happier\\_more\\_creative](https://greatergood.berkeley.edu/article/item/how_nature_makes_you_kinder_happier_more_creative) Accessed April 18, 2022.



## Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

**Toll-Free:**  
1.800.999.1077

**Website:**  
[www.EAPHelplink.com](http://www.EAPHelplink.com)

**Code:**  
DOUGLAS