

DIGITAL DETOX

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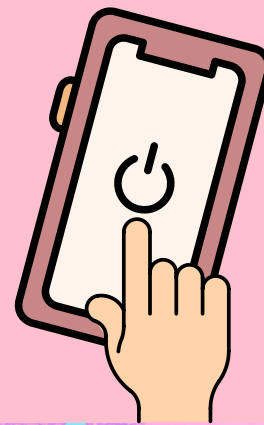
Spending too much time online? Here are a few tips to successfully detox digitally to focus on your in-person interactions.



TOP TIPS

DO IT GRADUALLY

Cut back on the time you spend on social media so you have time for other things.



SET A CUTOFF

Set a cutoff time to work on assessments, checking work related messages and emails.



ENGAGE IN OFFLINE ACTIVITIES

Take part in hobbies and activities that you have to do offline like arts and craft, having coffee dates, and family game nights.



CONCENTRATE ON YOUR CONVERSATIONS

Leave your phone behind and focus on your interactions. Having a phone sometimes lowers your empathy levels and decreases the quality of your conversations.



NEED HELP?

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