



# DIGITAL DETOX



A digital detox is a period where you intentionally limit or eliminate your use of digital devices. It's a simple way to **reduce stress**, **improve sleep**, and **boost productivity**.

## Why Consider a Digital Detox?

Day in and out, we keep using our phones for official work, social media relaxation and entertainment. Data says there are roughly 5 billion people using smart phones and about 75% of them spend an average of 4-6 hours / day on social activities. And end up in high levels of dependence, stress and physical symptoms

## Digital detox will help you to



### Reduce stress and anxiety:

Limit the constant stream of information and notifications.



### Strengthen relationships:

Spend more quality time with loved ones.



### Improve sleep quality:

Avoid screens before bed to regulate sleep patterns.



### Boost mental health:

Reduce feelings of depression and anxiety.



### Enhance productivity:

Focus on tasks without distractions.



### Spark creativity:

Explore new ideas without digital distractions.



### Improve physical health:

Increase physical activity and reduce sedentary behavior.



## How to Start a Digital Detox

### 1 Set realistic goals:

Decide how long you want to detox and which devices to limit. You can begin with one hour of abstinence a day, preferably before your sleep.

### 2 Choose a suitable time:

Select a period with minimal commitments.

### 3 Minimize distractions:

Remove devices from your detox space and disable notifications. You can create a digital free zone at home, for example, a dining table. This ensures mindful eating and a quality time with family

### 4 Find alternative activities:

Plan engaging offline activities as in gardening, swimming, playing, reading and star gazing. This improves your physical health tremendously

### 5 Seek support:

Share your detox plans with friends or family. Their understanding and cooperation helps to a great extent

### 6 Celebrate your success:

Reward yourself for sticking to your goals.

## Maintaining a Healthy Digital Lifestyle

After your detox, consider these strategies for sustainable digital habits:

- **Set screen time limits**  
Use device settings to track and limit usage.
- **Create tech-free time:**  
Designate specific times for device-free activities.
- **Mindful technology use:**  
Be intentional about how and when you use devices.



UNPLUG  
BE PRESENT



**A digital detox can be a powerful tool for reclaiming your time and improving your well-being.**

**Give it a try and experience the benefits for yourself**

For doubts and queries, please reach out: [wellness@quadratyx.com](mailto:wellness@quadratyx.com)