



InnerMindScape.com

A Functional Medicine Energy Center Resource

Digital Detox

A digital detox involves voluntarily avoiding elements of technology to “reset.” This break can decrease anxiety, worry and depression, while leading to a renewed focus on mindfulness, relationships and health. A digital detox halts negative behavior with electronics and allows new positive behaviors to be established. Someone who habitually goes to social media sites throughout the day, for example, might take a break from social media sites and then set limitations for returning to social media sites at the end of the detox, such as only visiting those sites during certain hours in the morning and evening.

The objectives of a digital detox are to: 1) Stop negative behavior; 2) Explore new and/or old interests that could be more rewarding; and 3) Establish positive boundaries when the digital detox concludes, which continues to allow time for other interests.

A digital detox can take several forms, including:

Electronic Detox

An electronic detox involves eliminating the various electronics present in many day-to-day lives: cell phones, computers, televisions, gaming consoles, etc. In lieu of watching television, go for a walk. Instead of playing on a gaming console, exercise. Rather than browsing news sites each morning, meditate.

News Detox

A news detox focuses specifically on eliminating all news content, which is especially important if the news brings anxiety, worry or depression. While electronic devices may be used during a news detox, all news is off limits—including magazines and newspapers.

Social Media Detox

A social media detox eliminates social media sites and apps, such as FaceBook, Instagram, Twitter, NextDoor, LinkedIn, Reddit, etc. Again, monitor emotions when using these sites and consider a social media detox if visiting these sites causes negative feelings or thoughts.