



## Benefits of Unplugging

**Unplugging** is a time to get off of our devices and screens for 24 hours. Separating ourselves from our phone, social media and screens can be tricky in today's day and age, but there are multiple benefits to creating a space between us and technology. According to H. Kelley Riley, MD, Doctor of Medicine from Michigan State University and CMO of SummaCare, the dangers of too much screen time is that we can suffer negative side effects to both our physical and mental health. Recent studies show that a dependency on technology can increase stress, anxiety, and lead to depression. It can also increase risk factors for heart disease and insulin resistance.

While these devices offer great information and ways to communicate, Riley suggests ways for us to unplug and take necessary breaks from our phones, computers, and tablets, such as:

- **Establish tech-free zones or times** – Find areas of your home and office that can become device free. If that is not possible, set times throughout the day where you are screen-free.
- **Turn off notifications** for any non-essential apps.
- **Do a Digital and Social Media Detox**-Set aside a dedicated time or day to unplug and recharge. Plan activities such as game night or to take a hike where a phone is not needed.
- **Engage In Activities Offline**-Meditation, reading, and going out with friends are simple activities where screens do not need to be involved.