

Wellness At Work - Simple Habits For A Happy Workplace

August 2016 - Unplug and live mindfully in a digital world

We live in a generation of multi-taskers and many of us find it hard to simply sit and focus only on one thing. This results in lower productivity levels as stress levels sky-rocket. Internet use, dependency, and forms of addiction are higher than we might like to admit. Many people are now realising the negative effect of digitalisation on their personal lives, family structures and society at large, and are starting to question the role that screens play in their life.

Spending the majority of your waking life experiencing reality through a screen, endlessly plugged into your devices, is taking its toll... it's becoming clear that life mediated through a screen is not the answer. Each of us has an opportunity to redefine what our relationship with digital technology looks like, and in turn, recalibrate your experience of life itself. Consider these statistics about our digitally enhanced, screen-mediated lives:



61% admit to being addicted to the internet and their devices.

The average American dedicates 30% of leisure time to perusing the web.

50% of people prefer to communicate digitally than in person

67% of cellphone owners find themselves checking their device even when it's not ringing or vibrating.



One out of ten Americans report depression; heavy internet users are 2.5 times more likely to be depressed.

The average employee spends 2 hours a day recovering from distractions.

The average employee checks 40 websites a day, switching activities 37 times an hour, changing tasks every two minutes.



However, only 2% of people can actually multi-task without decline in performance.

60% of people say traditional vacation does not relieve their stress.

33% of people admit to hiding from family and friends to check social media.

High Social media use can trigger an increase in loneliness, jealousy and fear.

95% of people use some type of electronics in the hour leading up to bed.



Artificial light from screens increase alertness and suppresses the hormone melatonin by up to 22%, negatively affecting sleep, performance and mood.

Unplugging for just one day can give some users mental and physical withdrawal symptoms akin to coming off hard drugs.

By disconnecting from your devices, you give yourself the opportunity to reconnect with:



- Yourself.
- Each other.
- Our communities.
- And the world around us.

When you disconnect to reconnect, you enable yourself to become more present, authentic, compassionate and understanding. Given the space to unplug from the noisy world, it makes it possible to reevaluate your path, take stock in life, strengthen your relationships, and move forward with a sense of purpose and belonging.

If you would like to learn more about how to do a digital detox, try this book: [Digital Detox: Unplug to Reclaim Your Life](#)

SUBSCRIBE

HR

People Loving Technology