

# DISCONNECT TO RECONNECT

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HOW TO UNPLUG AND GET YOUR LIFE BACK

## CHECKLIST



# Disconnect To Reconnect Checklist

The myriad of distractions that comes from digital devices can make you bang average in every facet of life. Besides, excessive use of these devices can affect your physical and mental health. The solution to this mayhem is to take charge of your life through digital detoxification. This approach will ensure that you reconnect to yourself, enhance your relationships, and optimize your performance.

# Chapter 1: What Is Digital Detox?

Digital detox is the process of restricting your use of technology devices such as phones, tablets, and computers. The essence of this limitation is to enable you to maintain your focus during your daily tasks. It also enables you to create more time for other productive activities, such as spending time with your loved ones, exercise, and hobbies. Uncensored use of digital devices and social media has psychological, physical, and social problems. Excessive exposure to social media makes you a potential victim of:

- ☐ insensitive comments
- ☐ body shaming
- ☐ cyberbullying
- ☐ social comparison

Digital detox is the deliberate attempt to stay in charge of your life, which ensures that you avoid the negative impacts of the abuse of technology.

# Chapter 2: The Negative Impacts Of Media Addiction

Life, just like a computer system, is garbage in, garbage out. An unrestrained use of digital devices makes you susceptible to the following negative effects:

- ☐ Weak interpersonal relationships due to the inability to give your loved ones the time and attention they deserve.
- ☐ Chronic time-wasting, where you keep shifting what you can do immediately, to latter times. This behavior ensures that you struggle to perform at your best when executing projects.
- ☐ Poor work-life balance due to the need to complete office tasks at home and mental exhaustion.
- ☐ Low-quality social interactions because you will spend more time in the digital world.
- ☐ Deteriorating physical health due to poor feeding habits and lack of regular exercise.

# **Chapter 3: How Social Media Addiction Affects Your Psychological Health**

Inappropriate use of digital devices and social media leads to numerous emotional issues. They include:

- ☐ Fear of Missing Out, which is a social anxiety that involves a belief that you are might not enjoy a novel experience available to others.
- ☐ Depression due to exposure to damaging remarks and cyberbullying.
- ☐ Anxiety due to lack of adequate support from physical interactions.
- ☐ Low self-esteem as a result of damaging social comparison and negative comments.
- ☐ PTSD trigger due to exposure to traumatic images and videos.
- ☐ Low emotional intelligence through the emulation of bullying attitude.

# Chapter 4: What Research Says About Social Media Addiction

Researchers are concerned about the adverse effects of the excessive use of digital devices. This concern has led to several studies to investigate how social heavy technology use can affect people. Their findings are as follows:

- ❑ Excessive technology use can lead to anxiety, and many people wish they don't have to put up with constantly checking their social media accounts, texts, and emails daily.
- ❑ Digital devices can cause sleep problems, especially for people who check their phones in bed.
- ❑ Social addiction can lead to mental problems such as depression, ADHD, and social withdrawal.
- ❑ Excessive connectivity has negative impacts on work/life balance.
- ❑ Digital connectivity is a source of stress for many people.
- ❑ Social comparison can affect job satisfaction and self-esteem.

## **Chapter 5: Writings On The Wall: Signs You Need Digital Detox**

You don't need a professional to realize that you need a digital detox. The following signs can help you discover that you need to limit your use of your phones and other devices:

- ☐ When not holding your phone makes you anxious.
- ☐ When likes, comments, and reshare can make you have a bad day.
- ☐ Being afraid that you will miss out on something crucial when you are not checking your phone
- ☐ You often stay late or wake early to check social media updates.
- ☐ Your attention is impaired because you often use your devices
- ☐ You feel bad because of how often you use your phone

## **Chapter 6: Benefits Of Disconnecting To Reconnect**

When you choose to stay off your devices for a while, you stand to enjoy a plethora of benefits. Here are some of them:

- ☐ Quality physical health because of more time for exercise and a healthy feeding plan.
- ☐ Excellent mental health due to the limitation of exposure to negative remarks and traumatic images.
- ☐ Robust interpersonal relationships because of more time and attention for your loved ones.
- ☐ Effective Work/Life Balance due to enhanced attention on what matters.
- ☐ More time for hobbies by cutting down on irrelevant checking on your phone frequently or intermittently.

## **Chapter 7: Reconnecting To Your True Self By Eliminating Media Pressure**

It is easy to lose your identity by trying to live for others due to media pressure. Therefore, it is imperative that you keep your sanity in a crazy world. The following tips will help you in this regard:

- ☐ Recognize technology use addiction symptoms to take practical steps to salvage the situation.
- ☐ Identify limiting and destructive thoughts to retrain their effects in your life and replace them with empowering ones.
- ☐ Eliminate distractions by setting clearly-defined objectives.
- ☐ Evaluate yourself and your progress outside of media templates and benchmarks.
- ☐ Be productive by spending your time on inspiring and fulfilling activities that make you happy.
- ☐ Always focus on the positive aspects of your life to generate empowering vibes.

## Chapter 8: Vital Tips To Hack Your Digital Use Addiction

Motivation and determination are not enough for a successful and effective digital detox. You need to know the techniques that can help you start and sustain this life-changing practice. The following tips will help you in your bid to limit your use of your devices:

- ☐ Be practical by picking a plan that you can continue.
- ☐ Don't overrate yourself; turn off notifications to avoid the temptation of checking irrelevant texts and emails.
- ☐ Start slowly by restricting yourself to some minutes of the day where you have access to your devices.
- ☐ Place limits by restricting your use of the apps on your phone.
- ☐ Choose a day of the week where you have a digital fast.
- ☐ Look for more meaningful activities like hobbies or volunteer work that can engage you instead of your devices.
- ☐ Limit your access to your social media apps by deleting them sometimes.