



DIGITAL DETOX
RESOURCES + RETREATS

10 tips to Digital Detox

TAKING CHARGE OF YOUR SMARTPHONE HABITS
BEFORE THEY TAKE CHARGE OF YOU

Challenge

Why?

1. TAKE WORK EMAIL OFF YOUR PHONE

Instant email response out of office hours is now seen as the norm but this is only contributing to increasing stress levels. Limiting checking and replying to once a day via your desktop has huge focus and concentration benefits. If you really CAN'T do this, or have home email accounts you want to access 24/7 then...

2. MOVE THE MAIL ICON OFF YOUR FIRST PHONE SCREEN



The simple act of not seeing the 'unread message' notification alert on your phone screen slows down any self-imposed response rates. And the fact that you're not seeing and responding to emails instantly is a fairly easy thing for people in your life to adjust to - they soon learn to work round it.

3. TAKE YOUR PHONE OUT OF YOUR BEDROOM AT NIGHT



Having a phone next to you constantly searching for a signal disrupts your sleep patterns. And having it SO near means you are liable to grab it and start scrolling through it if you wake up in the night (33% of users admit to checking their phones in the middle of the night). Set up a charging station on the landing outside your bedroom to eliminate both issues. However, as a first step you could try to...

4. SWITCH YOUR PHONE TO 'AIRPLANE MODE' AT NIGHT

This stops the phone signal interfering with your sleep and, just like removing the mail icon from your home screen, introduces one more step to go through before use - which just might stop you from going online in the night.



5. DIG OUT YOUR CAMERA(S)



Photography is in the top 3 most frequently used functions on a smartphone. Many of us justify having our phones on us all the time for this reason. But going out with a camera instead means you focus on the photography instead of becoming distracted by the contents of your phone while taking photos.

6. SWITCH OFF CELLULAR DATA COMPLETELY WHEN AWAY FROM HOME/WORK



As well as saving money this stops any idle internet browsing unless you are in a wifi area. Going through the step of finding wifi passwords for each place you visit may just stop you logging on.

7. USE A FITNESS TRACKER TO AVOID USING THE BUILT-IN HEALTH APP FUNCTIONS (IPHONES ONLY)

The new Apple Health app which automatically records your daily activity is yet another reason for you to take your phone with you everywhere. However, buying a basic fitness tracker means you can leave your phone at home and still look at the data at the end of the day.

8. REMOVE ALL SOCIAL MEDIA APPS FROM YOUR PHONE



Social media apps are amongst the most used on anyone's smartphones. Simply taking these off your phone (even for a limited period of time) reduces the temptation to log-on when you're trying to switch off.

9. GET A MIRROR!

Many users use their smartphone in 'selfie' mode as a quick mirror. Slip a small pocket one in your bag and you'll never be tempted again.



10. OBSERVE AN 'INTERNET SABBATH' FROM FRIDAY NIGHT TILL MONDAY MORNING



All of the above tips are useful on their own but combining them all together into a defined period of time where you switch off completely from technology undoubtedly will have the greatest benefits. Ring fencing a regular and predictable period of time when you (and everyone else in your life) knows you will be 'off grid' is a good way to start establishing these healthy technology habits into your life.

Digital Detox Tips America

Thomas J. Slaga, Robin Keuneke



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The Power of Ideas Jonathan Sacks, 2021-10-11 Britain's most authentically prophetic voice Daily Telegraph The choice with which humankind is faced is between the idea of power and the power of ideas From his appointment as Chief Rabbi in 1991 through to his death in November 2020 Rabbi Lord Jonathan Sacks made an incalculable contribution not just to the religious life of the Jewish community but to the national conversation and increasingly to the global community on issues of ethics and morality Commemorating the first anniversary of his death this volume brings together a compelling selection of Jonathan Sacks BBC Radio Thought for the Day broadcasts Credo columns from The Times and a range of articles published in the world's most respected newspapers along with his House of Lords speeches and keynote lectures First heard and read in many different contexts these pieces demonstrate with striking coherence the developing power of Sacks ideas on faith and philosophy alike In each instance he brings to bear deep insights into the immediate situation at the time and yet it as if we hear him speaking to us afresh giving us new strength to face the challenges and complexities of today's world These words of faith and wisdom shine as a beacon of enduring light in an increasingly conflicted cultural climate and prove the timeless nature and continued relevance of Jonathan Sacks thought and teachings One of the great moral thinkers of our time Robert D Putnam author of Bowling Alone

The Official SAT Study Guide, 2018 Edition The College Board, 2018-10-23 Review every skill and question type needed for SAT success now with eight total practice tests The 2018 edition of The Official SAT Study Guide doubles the number of official SAT practice tests to eight all of them created by the test maker As part of the College Board's commitment to transparency all practice tests are available on the College Board's website but The Official SAT Study Guide is the only place to find them in print along with over 250 pages of additional instruction guidance and test information With updated guidance and practice problems that reflect the most recent information this new edition takes the best selling SAT guide and makes it even more relevant and useful Be ready for the SAT with strategies and up to date information straight from the exam writers The Official SAT Study Guide will help students get ready for the SAT with 8 official SAT practice tests written in the exact same process and by the same team of authors as the actual exam detailed descriptions of the math and evidenced based reading and writing sections targeted practice questions for each SAT question type guidance on the new optional essay including practice essay questions with sample responses seamless integration with Official SAT Practice on Khan Academy

Create Calm Kate James, 2019-04-23 Escape the chaos of the world by immersing yourself in the wisdom of bestselling lifestyle author Kate James as she guides you back to composure and calm

Cinéma&Cie 30 Marco Dalla Gassa, Corrado Neri, Federico Zecca, 2019-02-01 T00:00:00+01:00 This special issue of Cin ma Cie explores the cultural dynamics ideological aporias and political struggles that characterize the relationship between Maoism and national cinemas from the immediate aftermath of the Cultural Revolution to the present day All the articles included in the special issue highlight the complexity of the process

of translation and reinvention of Maoism in different cultural contexts focusing on subjects and historical episodes that have been suppressed in public debates and in traditional film history books

Bring Your Human to Work: 10 Surefire Ways to Design a Workplace That Is Good for People, Great for Business, and Just Might Change the World Erica Keswin, 2018-09-28 WALL STREET JOURNAL BESTSELLER The secret to business success Get REAL and be HUMAN As human beings we are built to connect and form relationships So it should be no surprise that relationships must also translate into the workplace where we spend most of our time Companies that recognize this will retain the most productive creative and loyal employees and invariably seize the competitive edge The most successful leaders are those who actively form quality relationships with their employees who honor fundamental human qualities authenticity openness and basic politeness and apply them day in and day out Paying attention and genuinely caring about the effects people have on one another other is key to developing a winning culture where people perform at the top of their game and want to work As a workplace strategist and business coach Erica Keswin has spent over 20 years working with top business leaders and executives to build successful organizations that honor relationships Featuring case studies from top brands such as Lyft Starbucks Mogul and SoulCycle to name a few Bring Your Human to Work distills the key practices of the most human companies into applicable advice that any business leader can use to build a human workplace These building blocks include Understanding your company's role in the world beyond financial profit Encouraging employees to be healthy in body and spirit Running your meetings with clear purpose Making space for face to face interaction Building professional development into company culture Inspiring your workforce to give back to the community Simply saying thank you A human company is real genuine aligned and true to itself A real company flaunts its humanity instead of hiding it It's what the most successful sustainable companies are doing today and there's no reason yours can't be the same Keswin's leadership lessons foster fairness devotion and joy in the workplace all critical elements of a successful business By bringing your human to work you can design a workplace that is good for people great for business and just might change the world

The Detox Revolution Thomas J. Slaga, Robin Keuneke, 2004-03 A powerful new program for boosting your body's ability to fight cancer and other diseases

The Beauty Detox Foods Kimberly Snyder, 2013-06-01 In her bestselling book The Beauty Detox Solution Kimberly Snyder one of Hollywood's top celebrity nutritionists and beauty experts shared the ground breaking programme that keeps her A list clientele in red carpet shape

The Sociology of American Drug Use Charles E. Faupel, Gregory Weaver, 2004 Unlike most texts about drug use which are written either from a counseling psychology or physiology pharmacology point of view The Sociology of American Drug Use mainstreams the coverage for sociology and criminology programs and at the same time provides a broader sociological perspective on drug use Much of this material comes from Charles Faupel's own research experience among street heroin addicts on the East coast several chapters offer an ethnographer's perspective on the specific issues addressed while at the same time maintaining a focus on the basics of

this substantive field *IGeneration 2.1* Eusebio J. Sandoval,2015 Chloe has an epiphany We need to evolve as a species if we re ever going to keep from destroying the planet and ourselves and the only time we can mutate is when we re not bogged down in nostalgia or regret mired in hope or fear of an imaginary future or fixating on now She understands that when we re outside of Time we re open to change and orgasm is the most powerful natural moment we can be free of yesterday tomorrow and even today Chloe sees the corporate world as needing this taste of freedom most and she goes from office to office from city to city across America offering her insight to as many as possible one person at a time because she says If there s one thing we ve learned online it s that every little bit counts No pun intended And yet while orgasm can open us up to mutation Situationalism is the way to continue to be open in our daily lives 2 500 years ago Heraclitus proposed you could never cross the same river twice because it s never exactly the same river and you re never exactly the same person The world is never identical to a second ago or 100 years ago and cyberspace is the optimal proving ground for Situationism with experience increasing delivered in an endless torrent of easily digestible bytes Every moment is a new situation and everything goes swimmingly for Chloe until one day when her methods completely backfire Educator's Sourcebook of African American Heritage Johnnie H. Miles,Juanita J. Davis,Sharon E. Ferguson-Roberts,Rita G. Giles,2000-12-01 This important new reference and resource is brimming with stimulating information about the history culture and accomplishments of African Americans from the Middle Passage through Slavery and Reconstruction to the Civil Rights Movement and today These lists give you an ideal way to build your students knowledge and appreciation of African American culture and the important contributions African Americans have made to virtually every aspect of living in the United States All of this valuable material is printed in a big 8 1 4 x 11 spiral bound format that folds flat for easy photocopying of any list as many times as you need it *Dun's Guide to Healthcare Companies* ,1990 **CLEAN 7** Alejandro Junger,2019-12-03 The definitive program on detoxification just got easier thanks to multiple New York Times bestselling author Dr Alejandro Junger s detailed personalized and medically proven seven day plan that helps us begin to rid our bodies of the multitude of toxins that infiltrate our systems every day Each day too many of us struggle unnecessarily with debilitating health issues such as colds or viruses allergies or hay fever stubborn extra pounds poor sleep recurrent indigestion constipation or irritable bowel syndrome itchy rashes acne or other skin conditions depression anxiety or frequent fatigue But we don t have to suffer any longer In his bestseller Clean the international leader in the field of integrative medicine revealed how many of these common ailments are the direct result of toxic build up in our systems accumulated through daily living and offered solutions for combatting them Now with Clean 7 Dr Junger makes his groundbreaking program easier and more accessible than ever before Clean 7 is his medically proven seven day regimen that provides all the necessary tools to support and reactivate our bodies detoxification system to its fullest capabilities In one week you can begin addressing those nagging health issues by discovering the foods that harm you and the foods that heal

you lose extra weight and start to experience what it truly means to be well The first seven days of any program are the most critical Undertaking a new routine is stressful and tests our commitment willpower and focus Understanding exactly what s going on in your body why you might feel fatigue on day two or cravings on day five is the key to success A doctor who s helped millions Dr Junger personally guides you through the process offering a clear day by day meal by meal exploration of what s happening in your body to keep you focused on your goals Filled with the latest science on the brain and featuring delicious nutritious recipes and details on everything from prepping your kitchen to prepping your mind Clean 7 revolutionizes the detoxification process If you have been searching for a book or program to help you take that next step for your overall health Clean 7 is the answer Discover what it truly means to be healthy **American Book Publishing Record** ,2003 **New York** ,2001 *Library Journal* Melvil Dewey,Richard Rogers Bowker,L. Pylodet,Charles Ammi Cutter,Bertine Emma Weston,Karl Brown,Helen E. Wessells,2005 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **The Times Index** ,2007 Indexes the Times and its supplements *Thomas Register of American Manufacturers* ,2003 Vols for 1970 71 includes manufacturers catalogs **The Guardian Index** ,2002 **Brands and Their Companies** ,2003 **Library Journal** ,2001

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web bed bugs and childcare centers prevention tips the resurgence of bed bug infestations is a growing concern worldwide including singapore these tiny blood sucking insects can wreak havoc in various environments but childcare centers are particularly vulnerable