



Vs Digital Detox 2025

**Grima, Simon, Chaudhary, Shilpa, Sood,
Kiran, Kumar, Sanjeev**

Vs Digital Detox 2025:

Business Drivers in Promoting Digital Detoxification Grima, Simon, Chaudhary, Shilpa, Sood, Kiran, Kumar, Sanjeev, 2024-01-10 The rapid progression of the digital age has brought both benefits and drawbacks While the convenience of constant connectivity and digital devices is undeniable the increasing screen time poses health and well being challenges With a significant portion of the global population now regularly using the internet concerns about issues like digital addiction shorter attention spans and lifestyle diseases have become urgent matters Addressing these challenges and charting a sustainable path forward is imperative *Business Drivers in Promoting Digital Detoxification* delves into contemporary initiatives across various industries that advocate for digital detox This book showcases opportunities within this transformative trend spanning from health and tourism to unexpected sectors It not only highlights the necessity of digital detox for health but also reveals its potential as a gateway to innovative business ventures Catering to academics researchers students and professionals this book serves as a guiding beacon in the complexities of the digital era It not only clarifies the motivations behind the digital detox movement but also explores its implications More than just insights this book offers a roadmap to shape a healthier and sustainable future in our digitally connected world Engage in this pivotal conversation explore its pages and gain the knowledge to drive meaningful change for yourself your organization and society as a whole

Transmedia Selves James Dalby, Matthew Freeman, 2023-10-20 This book examines the mediated shift in the contemporary human condition focusing on the ways in which we synthesise with media content in daily life essentially transmediating ourselves into new forms and re creating ourselves across media Across an international roster of essays this book establishes a transdisciplinary theory for the transmedia self exploring how technological ubiquity and digital self determination combine with themes and disciplines such as celebrity culture fandom play politics and ultimately broader self conception and projection to inform the creation of transmedia identities in the twenty first century Specifically the book repositions transmediality as key to understanding the formation of identity in a post digital media culture and transmedia age where our lives are interlaced intermingled and narrativised across a range of media platforms and interfaces This book is ideal for scholars and students interested in transmedia storytelling cultural studies media studies sociology philosophy and politics

AI Technologies and Advancements for Psychological Well-Being and Healthcare Wongmahesak, Kittisak, Marzo, Roy Rillera, 2024-09-18 In mental health care artificial intelligence AI tools can enhance diagnostic accuracy personalize treatment plans and provide support through virtual therapy and chatbots that offer real time assistance These technologies can help identify early signs of mental health issues by analyzing patterns in speech behavior and physiological data However the integration of AI also raises concerns about privacy data security and the potential for algorithmic bias which could impact quality of care As AI continues to evolve its role in psychological well being and healthcare will depend on addressing these ethical and practical considerations while harnessing its potential to improve mental health outcomes

and streamline healthcare delivery AI Technologies and Advancements for Psychological Well Being and Healthcare discusses the latest innovations in AI that are transforming the landscape of mental health and healthcare services This book explores how AI applications such as machine learning algorithms and natural language processing are enhancing diagnostic accuracy personalizing treatment options and improving patient outcomes Covering topics such as behavioral artificial intelligence medical diagnosis and precision medicine this book is an excellent resource for mental health professionals healthcare providers and administrators AI and data scientists academicians researchers healthcare policymakers and more

Gehirn&Geist 10/2025 Selbstüberschätzung Spektrum der Wissenschaft, 2025-09-05 Liebe Leserinnen und Leser leider hatte ich noch nie einen Hund Aber ich habe ungef hr 20 Staffeln Der Hundeprofi gesehen und glaube deshalb zu wissen wie man Hunde erzieht und was andere dabei falsch machen Bestimmt w re ich auch eine gro artige Detektivin schlie lich habe ich alle Sherlock Holmes Romane mehrmals gelesen Einen der bekanntesten True Crime F lle habe ich brigens l ngst gel st nur wei das au er mir noch niemand Man kann sich ziemlich viel einbilden solange den Fantasien keine Taten folgen m ssen Besonders leicht f llt das dann wenn man von der Sache eigentlich keine Ahnung hat Je blinder der Fleck desto m heloser kann man ihn rosarot bermalen Genau das haben die US Psychologen David Dunning und Justin Kruger vor mehr als 25 Jahren in einer Versuchsreihe nachgewiesen Zur Selbst bersch tzung neigen ihnen zufolge ausgerechnet jene die auf dem betreffenden Gebiet Laien sind weil es ihnen damit auch an jenen Kompetenzen fehle die n tig sind um die eigenen Grenzen zu erkennen Andere Forschende stellen diese Erkl rung allerdings in Frage Sie glauben der Effekt gr nde nicht in der menschlichen Psyche sondern in der Methodik Haben sie Recht Ist einer der bekanntesten psychologischen Effekte allein mit Statistik zu erkl ren Dieser Frage geht unser Autor Sebastian Proksch in der aktuellen Titelgeschichte auf den Grund Im Anschluss steht der Ko Namensgeber des Effekts David Dunning im Interview Rede und Antwort Wie merken wir ob wir uns mit etwas wirklich auskennen Ganz einfach so der Psychologe Eine Wissenschaft beherrscht man erst dann wenn man erkennt dass man immer ein Anf nger bleiben wird Die Mechanismen der Selbstt uschung sind auch Thema eines Artikels ber die Strategien des Unbewussten Darin erkundet die Psychologin Sarah Koldehoff wie sich Abwehrmechanismen überhaupt belegen lassen Schwierig Die Psychoanalyse will aus ihnen dennoch einiges ableiten k nnen Wer etwa unangenehme Fakten schlicht verleugnet beweise damit Unreife Deutlich besser w re es unangenehme Gef hle zu intellektualisieren Diese Lekt re liefert bei Bedarf das n tige Hintergrundwissen Interessante neue Einsichten w nscht Ihre Christiane Gelitz *Deep Human* Crystal Lim-Lange, Dr Gregor Lim-Lange, The inspirational bestseller now updated with insights on living in the age of AI How do you thrive in a world of rapid change Authors Crystal Lim Lange and Dr Gregor Lim Lange combine their expertise in leadership and psychology to share five timeless superskills that will help you unlock your fullest potential focus and mindfulness self awareness empathy complex communication and adaptive resilience This newly updated edition features a fresh note from the authors on the rise of artificial intelligence digital overwhelm and the growing mental health crisis

Mountain Resort Marketing and Management Armelle Solelhac, 2021-08-25 Mountain resort tourism is a competitive environment experiencing increasing growth in new markets such as China that require the knowledge and skills developed by mature markets This book provides these insights by offering a critical and up to date examination of the mountain industry This book covers branding management and revenue optimization in an industry where very heavy investments are requested and mature markets need to ensure they remain competitive Chapters include interviews with professionals and international experts on mature markets to shed light on the development and marketing strategies that make these resorts successful Major issues facing mountain resorts today are addressed including climate change sustainability COVID 19 the experience economy yield management and dynamic pricing policies and investment management Offering valuable knowledge on how to successfully market and manage ski resorts in an ever changing and competitive environment this will be useful reading for upper level students researchers and current practitioners in winter sports destination development and management sport tourism and development studies

The Little Book of Slow Living Alliance Victoire, *The 7-Minute Productivity Solution* John Brandon, 2022-01-18 Productive days don't just happen They're the result of upending the habits that aren't working for us and developing ones that will Using his proven 7 minute framework productivity expert John Brandon reveals how to radically reduce digital distractions and revamp your routines for better focus efficiency and outcomes The 7 Minute Productivity Solution shows you how to start your day manage your schedule stop obsessively checking email take effective breaks create compelling presentations and more It only takes 7 minutes to transform your days from mindlessly reacting to whatever comes your way to mindfully structuring your time for maximum impact

Radikale Freundlichkeit Nora Blum, 2025-03-12 Superkraft Freundlichkeit Wie wir uns selbst und die Welt verändern können In einer Welt die immer schneller digitaler und anonym wird scheint ein wichtiger Wert mehr und mehr zu verschwinden die Freundlichkeit Dabei ist sie kein Ausdruck von Schwäche sondern ein kraftvolles Tool um Brücken zu bauen Konflikte zu lösen und Gemeinschaften zu stärken Die Psychologin und Unternehmerin Nora Blum zeigt wie wir uns echte Nähe und mehr Lebensfreude mit Hilfe von radikaler Freundlichkeit zurückerobern können In 14 Kapiteln zeigt sie 14 verschiedene Wege wie wir freundlicher zu anderen und uns selbst sein können und dadurch glücklicher werden Dabei wird klar dass Freundlichkeit keineswegs bedeutet keine Grenzen zu setzen und sich alles gefallen zu lassen Wir lernen wie wir selbst in schwierigen Situationen empathisch miteinander umgehen sei es unter akutem Stress im politischen Diskurs oder im Job Freundlichkeit als ein Geschenk an andere an uns selbst ein Geschenk das die Welt zu einem besseren Ort macht Mit radikaler Freundlichkeit zu mehr Lebensfreude Noch immer wird in unserer Gesellschaft Freundlichkeit sofort mit Schwäche gleichgesetzt Warum kann sie nicht als Stärke gesehen werden wenn es doch wissenschaftlich erwiesen ist dass uns freundlich sein glücklicher und erfolgreicher macht Denn auch wenn sie im hektischen Smartphone Leben schnell verloren geht steckt die Fähigkeit empathisch und wohlwollend mit anderen Menschen umzugehen in unserer menschlichen Natur Mit

vielen persönlichen Geschichten und wissenschaftlichen Studien erklärt die Psychologin warum Freundlichkeit nicht nur unsere Beziehungen stärkt sondern auch das Beste für unsere eigene Lebenszufriedenheit ist Mit konkreten Übungen und Methoden der radikalen Freundlichkeit lernen wir uns selbst besser kennen und finden zu neuer Lebensfreude In diesem Buch findest du die neuesten wissenschaftlichen Erkenntnisse über die positiven Effekte von Freundlichkeit viele persönliche Beispiele und Geschichten konkrete Tipps und Übungen zur direkten Umsetzung verschiedene Selbsttests zur Reflektion Du erfährst wie du gelassen auf Unfreundlichkeit reagierst und dadurch Unabhängigkeit erreichst wie du freundlich Konflikte fürst wie du liebevoller mit dir selbst umgehst wie du Nein sagst ohne andere zu verprellen warum kleine freundliche Gesten dich länger leben lassen [International Research Centers Directory](#) Anthony L. Gerring,1995 *Digital Detox for Burned-Out Pros 5 Screen-Free Habits to Reclaim Focus in 2025* Luna Solis,2025-10-01 Inside you will discover a practical step by step framework designed for high achievers Learn to implement digital boundaries that stick cure your notification anxiety and rediscover the focus needed for deep work I was skeptical but this changed my routine overnight finally presented at my board meeting without that foggy brain feeling Alex R This guide delivers actionable strategies for creating tech free zones a sustainable low tech evening routine and a 2025 focused plan for ongoing digital wellness Take back control of your attention and energy Your journey from burned out to balanced starts now This AI assisted content meticulously human curated for authenticity and real world application provides the modern solution you need digital detox burnout recovery screen time management digital wellness 2025 focus and productivity mental clarity tech burnout notification anxiety work life balance attention economy digital minimalism stress management professional burnout phone addiction help mindfulness techniques always on culture digital boundaries reduce screen time burnout book overwhelmed professional CEO morning routine digital minimalism mindful tech usage **Who's Who in Science and Engineering 2008-2009** Who's Who Marquis,Marquis Who's Who,2007-12 [Government Production Prime Contractors Directory](#) ,1988 [Zeit ohne digitale Medien?](#) Paul M.,2025-01-09 Die Auswirkungen der Bildschirmzeit auf die mentale Gesundheit sind komplex und vielschichtig Während digitale Technologien unser Leben in vielerlei Hinsicht bereichern bergen sie auch erhebliche Risiken für unser psychisches Wohlbefinden Insbesondere der exzessive Gebrauch von Bildschirmen kann zu Schlafstörungen erhöhten Stressniveaus Depressionen und sozialen Problemen führen Es ist daher entscheidend einen bewussten und ausgewogenen Umgang mit digitalen Geräten zu entwickeln Durch Aufklärung bewusste Nutzung und den Fokus auf alternative Aktivitäten können die negativen Auswirkungen reduziert und die positiven Aspekte digitaler Technologien maximiert werden **Digital Detox-Adventskalender** Emil Hoffmann,2024-10-24 Weniger Bildschirm mehr Leben Der Digital Detox Adventskalender Stell dir vor du startest den Tag ohne den Griff zum Handy stattdessen mit Ruhe Klarheit und einem tiefen Atemzug Der Digital Detox Adventskalender begleitet dich durch die hektische Vorweihnachtszeit und zeigt dir wie du mit weniger Bildschirmzeit mehr Lebensqualität gewinnst Hinter jedem der 24 Tagen verbirgt sich ein

inspirierender Impuls der dir hilft bewusster mit digitalen Medien umzugehen Von einem handyfreien Morgen über achtsame Internetpausen bis hin zu einem Wochenende ganz ohne Bildschirm dieser Adventskalender bietet dir konkrete Strategien um digitale Gewohnheiten zu hinterfragen und neue gesündere Routinen zu etablieren Lerne wie du durch weniger Multitasking mehr im Moment lebst wie du Beziehungen durch analoge Begegnungen stärkst und warum Langeweile der Schlüssel zu kreativen Ideen sein kann Jede Seite ist liebevoll illustriert und lädt dich ein innezuhalten und die Adventszeit bewusster zu erleben Ob du deine Schlafqualität verbessern deine Konzentration schärfen oder einfach mehr Zeit für dich selbst finden möchtest dieser Adventskalender ist dein Begleiter auf dem Weg zu mehr innerer Ruhe und digitaler Balance

Life Unplugged Meleah Bowles, Elise Williams Rikard, 2019-12-17 Life Unplugged makes digital detox easy with alternative activities and better ways to feel connected to your friends family and the world around you By unplugging your electronics you'll be able to take that much needed vacation you've been craving For busy entrepreneurs and families it can seem impossible to find time for yourself or to stay connected to your loved ones but with Life Unplugged staying connected is much simpler than you imagine This workbook guides you through ways to de stress cultivate mindfulness and improve your mood and health while also helping you find balance and joy in your daily life through digital detox It's the mini vacation without the extra cost of actually going away and all the wellness benefits you need for a more fulfilling lifestyle You'll find Habit tracking worksheets to keep you on task Fun challenges to help you be the most successful in your detox Journaling prompts to get your creative juices flowing Tips to finding and integrating alternative activities into your daily routine Ways to optimize your free time so you're more productive throughout the day With this life changing journal you'll learn to live without being attached to your phone TV laptop or social media It can be as easy as taking a few breaks from your digital devices a day to make you feel refreshed enlightened and purposeful Sleep better and improve your overall mental and physical health by taking a break from the internet The practice of digital detoxing has proven to improve your memory posture blood pressure and give you greater feelings of gratitude and happiness Live a more connected purposeful life by staying in tune with the world around you

Digital Detox und das Leben danach Magdalena Gschiegl, 2020 Durch das schnelllebige Zeitalter der Digitalisierung etabliert sich einerseits eine Generation in der digitale Technologien nicht mehr wegzudenken sind aber auch ein Gegentrend in dessen Mitte Digital Detox steht Der Begriff Digital Detox digitale Entgiftung beschreibt die bewusste Entscheidung sich für einen begrenzten Zeitraum eine Nutzungspause von digitalen Geräten zu nehmen Die vorliegende Masterarbeit beschäftigt sich mit der Evaluierung der Erwartungen Chancen und Herausforderungen von Digital Natives die sich einem Digital Detox unterziehen Zusätzlich wird analysiert welche zukünftigen Adaptionen sich die ProbandInnen nach dem Detoxifikations Prozess in Bezug auf den digitalen Alltag vornehmen Um die Forschungsfragen zu beantworten wurde ein Multi Methods Ansatz bestehend aus Literaturrecherche Quasi Experiment Online Inhaltsanalyse und Selbstversuch gewählt Die Analyse und systematische Evaluierung der Ergebnisse zeigt dass die

Detox ProbandInnen während des Quasi Experiments wesentliche Herausforderungen insbesondere in Bereichen der Informationsbeschaffung und in der Kommunikation mit dem sozialen Umfeld identifizieren. Weiters kann die Abwesenheit des Smartphones zu einer mentalen Belastung führen und kann in Einsamkeit, Unruhe und dem Gefühl etwas zu verpassen resultieren. Zudem können Krisensituationen wie der globale Lockdown im Zuge der Covid 19 Krise eine immense Herausforderung für die Durchführung eines Digital Detox darstellen. Gleichzeitig bietet eine digitale Auszeit die Möglichkeit den persönlichen digitalen Konsum zu überdenken. Die untersuchten Digital Natives geben an, dass sie sich während des Digital Detox produktiver, entspannter, achtsamer und weniger gestresst fühlen. Auch die physische Gesundheit profitiert von der digitalen Auszeit. Die Ergebnisse zeigen, dass die TeilnehmerInnen während des Digital Detox sportlich aktiver sind und durch einen erholsameren Schlaf eine geringere Müdigkeit empfinden. Zudem weist die Abwesenheit des Smartphones positive Effekte auf das soziale Umfeld auf. Die Auskunftspersonen berichteten, dass bei Gesprächen dem Gegenüber ohne Ablenkung durch digitale Geräte leichter zugehört und gezielter kommuniziert werden kann. Die Durchführung eines Digital Detox führt bei Digital Natives zu einem Perspektivenwechsel und einer Bewusstseinserschaffung über die digitale Abhängigkeit. Alle untersuchten Personen berichten, den Vorsatz gefasst zu haben, ihr Smartphone in Zukunft weniger und bewusster nutzen zu wollen. Due to the fast moving age of digitalization, digital technologies seem to have become an essential part in our daily life. Simultaneously, the counter trend digital detox is becoming more and more prominent. Digital Detox describes the conscious decision to take a break from using digital devices for a limited time. This thesis evaluates the expectations, opportunities and challenges of digital natives which experience digital detox. In addition, it analyzes adaptations which participants were willing to integrate in terms of their future usage after the detoxification process. In order to find answers to the research questions, a multi methods approach consisting of a literature review, quasi experimental study, online content analysis and self experiment is conducted. The results indicate that detox participants struggle to gather information as well as communicating with their social environment. Furthermore, the absence of the smartphone can lead to mental stress such as loneliness, restlessness and the feeling of missing out (FOMO). Moreover, going through digital detox while encountering a crisis like the global lockdown due to the Covid 19 pandemic represents yet an additional challenge. In contrast, digital detox offers the opportunity to question individual digital consumption. Respondents state that they were more productive, relaxed, less stressed and overall more mindful. Additionally, digital detox benefits their physical health as they feel more active and less tired due to a better sleep. The absence of the smartphone has also positive effects on their social environment. Without distraction caused by smartphones, conversations could be followed more easily. Digital detox leads to a change in perspectives and also raises awareness about internet addiction. All participants state that they intend to use their digital devices less and more consciously in the future.

OFF. Your Digital Detox for a Better Life Tanya Goodin, 2017-08-03 forced me to look honestly at my habits and now I know how to change them. The Pool Log off your social media. Turn off your

notifications Switch off your devices And feel better Lost without your phone Exhausted Unable to relax or focus We tap swipe and click on our devices 2 617 times per day We spend more time online than we do asleep With so many ways to stay connected procrastinate and distract yourself it s not easy to let go This canny little bible will help you log off and wake up to less stress and more time Enjoy real experiences real connections and real happiness Reset your boundaries with carefully crafted exercises new outlooks and wise words from Tanya Goodin digital detox specialist and founder of Time To Log Off

Digitale Detox-Challenge für Frauen Oliver Meyer,2024-12-08 F hlst du dich ausgelaugt st ndig erreichbar und von deinem Smartphone dominiert Es ist Zeit die Kontrolle zur ckzugewinnen Mit Digitale Detox Challenge f r Frauen Finde zur ck zu dir und erneuere deine Energie erwartet dich ein inspirierender Begleiter der dir hilft den digitalen Ballast abzuwerfen und neue Kraft zu sch pfen Dieses Buch bietet dir 30 alltagstaugliche Challenges die dich Schritt f r Schritt zu mehr Achtsamkeit und innerer Balance f hren Jede Aufgabe wird von einer liebevoll gestalteten Illustration begleitet die dich motiviert dranzubleiben Ob du 24 Stunden komplett offline gehst deine Bildschirmzeit um 10 % reduzierst oder eine analoge Morgenroutine etablierst jede Challenge ist darauf ausgelegt dir mehr Klarheit Energie und Lebensfreude zu schenken Lerne wie du durch kleine Ver nderungen wie das Ausschalten von Benachrichtigungen das Lesen eines physischen Buches oder einen digitalen Ruhetag pro Woche wieder bewusster lebst Dieses Buch ist das perfekte Geschenk f r alle die sich nach mehr Fokus Gelassenheit und pers nlicher Weiterentwicklung sehnen Starte noch heute deine Reise zu einem Leben mit weniger Ablenkung und mehr Zeit f r das was wirklich z hlt *Digital Detox - Tipps und Tricks Umgang Mit Smartphone und Co. Ohne Verzicht* Robert Kaluza,2019-07-26 Heutzutage hat fast jeder dieses Luxusproblem Wir schaffen es einfach nicht mehr abzuschalten Ich meine das Smartphone T glich werden wir von digitalen Medien bestrahlt Positive wie auch negative Nachrichten schie en uns unverarbeitet in den Kopf Ohne zu wissen was wirklich die Wahrheit ist E Mails Benachrichtigungen Gruppen Chats und blaue H kchen treiben uns manchmal in den Wahnsinn Katzenvideos Blogger Influencer und Content Creator soweit das Auge reicht Wir lassen uns immer und jederzeit beeinflussen Immer Aber es reizt uns Immer und immer wieder Wir lieben das Wir lieben dieses Gef hl st ndig auf alles Zugriff zu haben Wir wollen fast nichts anderes mehr Sind denn Smartphones und Laptops einfach ein wichtiger Teil von uns geworden Oder ist es doch eine Sucht Es l sst sich immer schwer unterscheiden Es ist ja bei jedem anders Viele Menschen verteufeln die Digitalisierung Meistens sind es Menschen mit mehr Meinung als Ahnung Alles hat seine Vor und Nachteile Der Umgang macht erst die Sache gut oder schlecht In diesem Buch bekommst du also 100% Realtalk Du bekommst von mir Tipps und Tricks wie du es schaffst deinen digitalen Konsum etwas runter zu schrauben Es wird nichts schlecht oder gut geredet Mir pers nlich ist es sehr wichtig einen gesunden Umgang mit den digitalen Medien zu entwickeln ohne verzichten zu m ssen Wer komplett verzichtet geht einfach verloren in der heutigen Welt Die Welt ist schnell und entwickelt sich in jeder Sekunde Jeder muss sich anpassen So sind die Regeln Du kannst aber auch in den Wald ziehen wenn du berfordert bist Ich gehe mal davon aus dass

du es nicht möchtest Dann ist dieses Buch genau das richtige für dich

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