

Take a break from your phone



Take the detox challenge

Digital Detox Alternatives Near Me

Peipei Pang



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Körperbild bei Essstörungen Reinhild Schwarte, Katharina Alexandridis, 2024-05-13 Wie fühle ich mich in meinem Körper? Diese Frage ist für Patient*innen mit Essstörungen schwierig. Impulse für die Körperbildarbeit mit allen Altersgruppen gibt dieses Manual. Verhaltenstherapie und Bewegungstherapie bei psychischen Erkrankungen werden mit Improvisationstheater verbunden. So bringen kreative Elemente Schwung und Leichtigkeit in die Therapie. Vielfältige emotionsaktivierende Übungen bilden die Grundlage für die ganzheitliche Auseinandersetzung mit Gefühlen, insbesondere Scham und Unsicherheit sowie Kontrollbedürfnisse. Die Therapieeinheiten sind detailliert beschrieben, frei kombinierbar und für Gruppen und Einzeltherapie geeignet. Zudem werden Exkursionen, z.B. Kleidungsshopping, Schwimmbad und jahreszeitliche Besonderheiten, z.B. Weihnachten, Ramadan beschrieben. Arbeitsblätter zum Download unterstützen Patient*innen beim Alltagstransfer. The Generation Alpha Parent's Guide to Digital Wellness Savannah Gloria Buxton, **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. **Healthy Technology Use** Bernadette H. Schell, 2024-07-11 In a world where people have 24/7 access to the Internet, social media, and other digital technologies, developing healthy habits around how we interact with our screens can have an enormous impact on our physical, mental, and social well-being. Part of the Q & A Health Guides series, this book offers a broad introduction to healthy technology use, a topic of utmost importance in our always-connected world. The book's questions cover the potential negative impacts of technology overuse and addiction on mental and emotional health, physical well-being, and our relationships with others. Questions also address concerns such as digital information privacy, identity theft, piracy, and the dangers of misinformation circulated online. Finally, the book includes questions covering how to best address technology overuse and addiction, including mindfulness.

strategies digital detoxes and therapy Augmenting the main text a collection of 5 case studies illustrate key concepts and issues through relatable stories and insightful recommendations The Common Misconceptions section at the beginning of the volume dispels 5 long standing and potentially dangerous myths about healthy technology use directing readers to additional information in the text The glossary defines terms that may be unfamiliar to readers while the directory of resources curates a list of the most useful books websites and other materials Finally whether they re looking for more information about this subject or any other health related topic readers can turn to the Guide to Health Literacy section for practical tools and strategies for finding evaluating and using credible sources of health information both on and off the Internet **Digital**

Detox Trine Syvertsen,2020-03-30 Against a backdrop of increasingly intrusive technologies Trine Syvertsen explores the digital detox phenomenon and the politics of disconnection from invasive media With a wealth of examples the book demonstrates how self regulation online is practiced and delves into how it has also become an expression of resistance in the 21st century *International Encyclopedia of Business Management* ,2025-09-01 The Encyclopedia of Business Management Four Volume Set is a comprehensive resource that covers over 200 topics across various areas of business management Each entry is written in an accessible manner making complex concepts easy to understand The encyclopedia addresses interdisciplinary subjects such as cultural entrepreneurship tourism innovation and marketing promotions By emphasizing definitions and practical applications the entries help readers grasp the relevance of each topic Expert editors lead each section ensuring that the contributions are authoritative and well rounded The encyclopedia is divided into seven broad themes including business entrepreneurship human resource management innovation management international business organizational behavior project management supply chain management and sport and tourism management Each section s articles begin with a technical analysis of key definitional issues followed by an exploration of the topic s broader context This structured approach provides a holistic examination of the subjects allowing readers to gain a comprehensive understanding of vital business management concepts Provides a comprehensive overview of the main business management topics Focuses specifically on business management from a range of perspectives Includes new and emerging business management topics Presents an interdisciplinary focus in terms of business management practices Features templates across all chapters for ease of navigation and use *The Digital Health Self* Rachael Kent,2023-06-08 This is a detailed analysis of how understanding of health management past present and future has transformed in the digital age Since the mid 20th century we have witnessed healthy lifestyles being pushed as part of health promotion strategies both via the state and through health tracking tools and narratives of wellness online This marks a seismic shift from a public welfare state responsibility for health towards individualised practices of digital self care Today health has become representative of lifestyle correction which is performed on social media Putting the spotlight on neoliberalism and digital technology as pervasive tools that dictate wellness as a moral obligation Rachael Kent critically analyses how users navigate relationships

between self tracking technologies social media and everyday health management Pesticide & Toxic Chemical News,1987 *Hummelstich - Sonne, Mord und Sterne* Katharina Schendel,2025-08-01 Bea und die Hummelstichler Landfrauen reisen zur Esoterikmesse nach Bad Frankenberg um sich von dem berühmten Astrologen und Hellseher Ladislaus Lazuli die Zukunft vorhersagen zu lassen Doch als sie nach einem ereignisreichen Tag über die Leiche des charismatischen Mannes stolpern ist das Entsetzen groß Lazuli der über eine besonders fanatische Anhängerschaft verfügte wurde mit einem wertvollen Heilstein erschlagen Bei ihren Nachforschungen müssen Bea und die Landfrauen feststellen dass Sternendeutung eine gefährliche Angelegenheit sein kann Zur Serie In Hummelstich scheint die Welt noch in Ordnung zu sein Die Dächer der niedlichen Fachwerkhäuser funkeln und glitzern unter strahlend blauem Himmel und die Bewohner gehen emsig ihrem Tagewerk nach Aber der schöne Schein trägt denn hinter der Bilderbuchfassade tun sich mysteriöse Abgründe auf Aber zum Glück ist die energische Hobbydetektivin Bea von Maarstein vor Ort Zusammen mit ihrem persönlichen Gestirten Papagei Dr Jekyll und dem Dorfpolizisten Sven Grönis löst sie jeden noch so verwickelten Fall eBooks von beTHRILLED mysteriös gute Unterhaltung **Alternative Medicine Online** Ralph W. Moss,1999 The easy to use format directs you to the most useful intriguing and sometimes off beat sites online Free Your Mind: The new world of manipulation and how to resist it Laura Dodsworth,Patrick Fagan,2023-07-20 The Instant Sunday Times Bestseller Learn how to recognise and resist the daily attempts to control and manipulate your mind **Chapter One**,1993 The 21st Century Wikibrain Luciana Carvalho Se,2011-08-30 Seminar paper from the year 2011 in the subject Business economics Business Management Corporate Governance grade A Harvard University language English abstract How many people currently think they suffer from attention deficit disorder Technological advancement has changed the world on an unprecedented scale It has been accompanied by incredible economic development and growth Never before have we had this much access to this much information We have boarded an ever moving train which allows us to explore and develop ways of enhancing our lives on a scale and at a speed never before imagined We have drastically changed the way we experience the world Society focuses on the positive effects Internet advancement has brought us Yet what about the unintended knock on consequences *Alternative Energy*,1994 Detox Phyllis Saifer,Merla Zellerbach,1984 Hearing on Alternatives to Land Disposal of Hazardous Waste California. Legislature. Assembly. Committee on Consumer Protection and Toxic Materials,1982 *Feasibility Study of Alternative PCB Treatment Technologies for Six Sites in Bloomington, Indiana*,1995 **Social Capital: Life online in the shadow of Ireland's tech boom** Aoife Barry,2023-04-27 A David and Goliath story about Ireland's role as prime real estate for the world's largest tech multinationals and the considerable impact it has had on us as individuals **Work Better Together: How to Cultivate Strong Relationships to Maximize Well-Being and Boost Bottom Lines** Jen Fisher,Anh Nguyen Phillips,2021-06-08 Power your business culture with strong workplace relationships and watch productivity and profitability soar For years companies have been implementing programs that promote social

responsibility and improve employee health both of which benefit the financial bottom line Now it s time to focus on positive social interactions and relationships in the workplace Why Research shows that authentic trust based relationships increase job satisfaction engagement productivity and retention and even decreased healthcare costs In Work Better Together two experts from Deloitte explain how working remotely over relying on digital communication and always being on is fast increasing feelings of isolation and burnout and how a work culture driven by quality relationships can reverse these trends The authors show how to cultivate positive relationships by Focusing on self care such as physical health quality sleep and taking time off Tapping into human skills such as empathy authenticity and communication Using technology with intentionality to strengthen relationships while breaking the negative habits technology fosters Managing workplace relationships whether you re in the office every day or telecommuting or something in between Developing a culture of strong relationships that drive quality collaboration throughout the organization Work Better Together walks you through the process of implementing change and fueling a much needed corporate movement towards humanity in the workplace Based on the authors 40 combined years of experience it helps you meet today s employees most urgent needs while benefitting your organization in real and measurable ways **The Indian Textile Journal** Sorabji M. Rutnagur,1995

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