

Planning your digital detox



Get inspired

Thinking of a digital detox is scary by itself. That's why it is essential to find the positive side of it.



Choose the right time

The best period may be the following weekend or vacation, depending on how long you plan it to be.



Choose the limitations

The forms of digital detox differ by the limitations you impose on yourself.



Choose the duration

A two-day detox suffices to reload yourself. 21 days are enough to generate a helpful habit.



Let people know

If others may be affected by your digital detox, you should let them know beforehand.



Plan your activities

Everyone needs something to fill the gaps. And this "something" should be pleasant.

Digital Detox Workout Plan Nyc

Rosina Ehmann



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Mental Detox: Daily Digital Declutter Challenge Harsh Sanghani, 2025-05-18 Are you constantly checking your phone battling digital distractions or feeling mentally exhausted from screen overload You re not alone and you re not powerless Mental Detox Daily Digital Declutter Challenge is your 30 day guided journey to break free from tech fatigue and build a healthier more mindful relationship with your digital life This practical science backed guide offers Simple daily challenges that gradually reduce screen time and digital noise Proven strategies to reclaim focus and productivity Tools to create boundaries with technology without going offline entirely Tips for organizing digital clutter from your inbox to your home screen Powerful reflections on digital minimalism and mental well being Whether you re a busy professional a student or simply someone who wants to reconnect with real life this book will help you detach from distractions and plug into what truly matters Take back control Start your mental detox today *Thriving in a Digital World* Christina Avallone, 2021-03-01 In this book you will gain valuable insight into how to balance technology with everyday living You will be reminded that you not only can take the reins back but that you have a God given mandate to do so You will be armed not only with the statistics but also the tools to keep your child from becoming yet another statistic This is a message of hope that we can thrive in the digital world we live in **Malleable, Digital, and Posthuman** Ignas Kalpokas, 2021-09-10 This book proposes a posthumanist research methodology for future research in the areas of the economy the human self politics and research ethics providing a novel explanatory and methodological framework for studying today s world **Therapeutisches Yoga** Daniel Völker, Lena Braun, Dorothea Hauswald, Gesine Ufkes, 2024-09-17 Dieses Buch gibt Ihnen neue Perspektiven zum Einsatz von Yoga als Behandlungsmethode Es widmet sich der Anwendung des therapeutischen Yoga bei muskuloskelettalen neurologischen und internistischen Krankheitsbildern wie Multiple Sklerose Long COVID Koxarthrose und Halswirbels ülen Syndrom Zahlreiche Fallbeispiele aus der Praxis die in fundiertes Grundlagenwissen eingebettet sind veranschaulichen wie Beschwerden mithilfe von Körper und Atem bungen aus dem Yoga nachhaltig gelindert und die Lebensqualit t verbessert werden kann Anhand der vorhandenen Fallbeispiele wird beschrieben wie der klinische Denkprozess in Bezug zur externen und internen Evidenz umgesetzt wird Zudem wird die Wirkungsweise der Yoga Praxis anhand aktueller Studien aus der Forschung dargestellt und auch der Bezug von Yoga zu den aktuellen therapeutischen Leitlinien hergestellt Alle Informationen zum therapeutischen Yoga für die Praxis Yoga im Therapeutischen Setting Didaktik Vorbereitung Aufbau der Therapieeinheit Yoga Anatomie und Wissenschaftliche Grundlagen des Yoga Konkrete Yoga Programme für spezifische Zielstellungen und Krankheitsbilder Therapieerfolge sichtbar machen Assessments und Untersuchungsmethoden Asanas individuell anpassen Hilfsmittel therapeutische Unterst tzung Hands on und Positionierung 16 Videos und zahlreiche ausdrucksstarke Fotografien machen die praxisnahe Umsetzung einfach Das Buch eignet sich für Therapeuten und Therapeutinnen sowie Auszubildende im Bereich Physiotherapie Ergotherapie Logop die Yogalehrende *New York* , 2007

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