



### Digital Detox



During the times of global pandemic, we have become glued to more digital devices than ever before as most of our time was confined indoors and hence the increased screen time. Also, people have a constant urge to stay connected and updated and experience Fear Of Missing Out (FOMO).

Of course, it has an adverse impact on our physical and mental health leading to concerns of blurry vision, headache, fatigue, anxiety, anger, frustration, lack of time management, social disconnectedness, and sleep disruptions. This endless loop of scrolling, posting and checking our feeds for updates and constant reminders in itself is time-consuming and exhaustive. And that's where the digital detox comes into the picture.

It's really important to reduce the amount of time we spend online on social media apps, have control over our screen time, and be socially connected as it helps to improve our quality of life. We can even limit our digital device usage while having meals, before going to sleep and when spending time with family and friends to restore balance and our overall well-being. Taking a digital detox can be a healthy step forward as it's a way to disconnect to reconnect.

With best wishes,  
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