

# Let's Talk: Unplug to recharge

***Presenter – Robert Naceanceno, Clinical Counselor***

Oh, hi! I'm Robert. Let's talk about unplugging.

Technology's great. It helps us to connect with others, it speeds up communication, and it helps us to find and share information pretty easily.

## Drawbacks to staying connected

But there are drawbacks. There's a multi-tasking happening all the time. It's very chronic, and sometimes, just way too much. And, also, it keeps us from focusing on the here and now, and just really enjoying the moment. And finally, it doesn't give our brains enough time to process all the information we're taking in, 'cause after all, we are getting more and more and more information.

## More concerns to keep in mind

And there are additional drawbacks. Sleep issues for one. The blue lights from the screens can lead to sleep insomnia, and there's also the feeling of addiction that it can create. People will feel like they need to be connected to their devices at all times.

## Some interesting facts <sup>1,2</sup>

Okay, so here's some interesting facts. Did you know that 12% of people use their cellphones in the shower? In the shower. And 40% of U.S. adults would rather go to jail for the night than give up their social media accounts. And finally, 21% of smartphone users would rather give up their shoes for a week than give up their smartphones. Interesting.

## How do you unplug?

So, how do you unplug? Setup some gadget free times, while you're driving, of course. Well, except when you're using GPS. During your meals, during your meetings, and also, maybe even an hour before bedtime.

## Gadget-free zones

You can also setup gadget free zones, such as in the bedroom, in the bathroom, maybe at the dining room, and at work. Put away your cellphones so you don't get distracted and you can focus on your work.

## Digital detox

"How can I unplug?" you might ask. Well, for starters, you can have a digital detox. Whatever that looks like for you. Just get away from those devices. You can also spend more time outside. I mean, look at what we've got here. Go and enjoy. And, you might also consider spending time in areas that do not have wi-fi, that way you can focus more on things that maybe you should be doing. And finally, you can participate in The National Day of Unplugging. Look it up.

## Use technology in moderation

In conclusion, technology can be a good part of your life, but it shouldn't consume your life. Now go out and play. Go! Go! Go!.

<sup>1</sup> [Smartphone Addiction](#). Psychology today website.

<sup>2</sup> [A plea to unplug from someone you may least expect](#). Psychology today website.

## Resources For Living

The EAP is administered by Resources For Living, LLC. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.

©2017 Resources For Living

44.27.331.1-RFL (10/17)