



Digital Detox – Managing Tech Overload

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: The increasing digitization of present-day society means more time spent with technology – professionally and personally.

Excessive technology use can lead to imbalances in emotional and social wellbeing.

This presentation explores the effects of excessive technology use on general wellbeing, and looks at how tech-timeouts can be embedded into one's day.

Content includes:

- Analysing the phobias associated with excessive tech-use including nomophobia and FOMO (fear of missing out).
- Smartphone addiction and the effects of excessive tech-use on general wellbeing including energy levels, sleep, cognitive performance, mental/emotional/physical/social wellbeing
- Incorporating tech-timeouts into the workday – mini daily digital detoxes
- Limiting 'Negative News' intake for wellbeing
- Improving sleep health with nightly digital detoxes

Connect with WORKBLIS to discuss requirements - hi@workblis.com