Digital Distractions: When Technology Takes Over

EAP+Work/Life Training Seminar
EAP+Work/Life Program Features

✓ 24/7, unlimited telephone access
✓ In-person assessments
✓ Unlimited HR and management consultations
✓ Employee wellness and prevention seminars
✓ Critical incident debriefings
✓ Medical Bill Saver service
✓ Video counseling
Employee Assistance Program (EAP)

Short-term problem resolution with Licensed Professional Counselors for help addressing a wide range of issues:

- Stress; depression; anxiety
- Marital problems; family/parenting issues
- Work conflicts
- Anger, grief and loss; substance abuse

Provides referrals for more long-term support.
Work/Life Support

Work/Life Specialists find support services and local resources to help with:

- Eldercare, childcare
- Legal concerns
- Financial issues
- Time management
Objectives

- What are Digital Distractions?
- Statistics and examples of Digital Overuse
- The connection to technology
- Impact of technology distractions on health
- Striking a balance between staying connected and letting technology take over your life
Considerations

✓ Technology is so pervasive it can be hard to put down the phone or turn off the laptop.

✓ Spending too much time with digital devices can be detrimental to personal relationships and even dangerous.

✓ It is our responsibility to use technology in a way that doesn’t harm others and to be aware of the impact that technology has on our health, environment, and society at large.
Use of Technology Statistics

The average American spent **12+ hours per day with media.**

**46% of people** surveyed say they could not live without their smartphones.”

**70% of office emails** are read within **6 seconds** of appearing in an in-box.

Americans check their phone on average once **every 12 minutes.**

We touch our phones **2,617 times a day!**
Examples of Digital Overuse

✓ Internet
✓ Phone and Internet Gaming
✓ Internet Gambling
✓ Social Media
✓ Online Pornography
✓ Online Dating
✓ Personal Device Addictions
Are You Too Connected?
Do you see people mindlessly passing time on a regular basis, staring at their Smartphone, Tablet, or Computer even when there might be better or more productive things to do? And do you think people lose track of time when on any of these devices?

Do you think people are spending more time with ‘virtual friends’ as opposed to real people nearby?
Do you find yourself viewing and answering texts, tweets, and emails at all hours of the day and night—even when it means interrupting other things you are doing?

Do you Text, Email, Tweet or Surf while driving or doing other similar activities that require your focused attention and concentration?

Do you feel reluctant to be without your Smartphone or other digital devices, even for a short time?
Impact of Technology Distractions on Health

- Increases stress and anxiety
- Impacts life balance and quality
- Overwhelms our ability to concentrate
- Reduces multitasking success
- Limits rather than boosts productivity
- It’s difficult to disconnect from work
- Sleep is disrupted, and depression sets in
- There’s an increase in distracted-driving and distracted-pedestrian accidents
- The ability to learn is being undermined
Warning Signs of Digital Distraction

- **Losing interest in friends, sports, work, hobbies or exercise**
- **Interfering with relationships.**
- **Decline in work or school performance.**
- **Spending more time online and is secretive and/or defensive.**
- **Appear to be more socially isolated, moody or irritable.**
How to Take Charge…

Try to concentrate on one task at a time. Explore mindfulness.

Assign time per task and commit to completion.

Discipline yourself to remain focused on set task.
Reduce Technology Use and Stay Focused

After 90 minutes of technology use, take a 10- to 15-minute break to reset your brain with any of the following activities:

- Meditate
- Walk in nature
- Exercise
- Talk to a friend face-to-face
- Explore hobbies & other interests
Things to Try

✓ Put your phone on silent and set an alarm for 15 minutes. Do not check it again until the alarm goes off.

✓ Check email or social media at specific times of day.

✓ Manage alerts.

✓ Designate specific times when no devices are allowed or when devices are turned off, except in emergency situations.

  • Periods could include family meals, sleeping at night or designated family time during vacations or weekends.
Safety Tips to Avoid Texting while Driving

✓ Practice self control – No text is worth human life.
✓ If it absolutely cannot wait, pull over.
✓ Be aware that hands free technology is still a distraction.
✓ Program your GPS before getting on the road.
✓ Consider signing the National Highway Traffic Safety Administration’s Pledge Against Distracted Driving.
Striking a balance between staying connected and letting technology take over your life

✓ Create a “tech blackout” day once a week. More and more families are designating one weekend day for unplugged family time.

✓ Set boundaries for text-free spaces and times. For instance, try making a pact to put away cell phones during meals, family car rides, or a particular hour of the evening.
Striking a balance between staying connected and letting technology take over your life

✓ If you can’t disconnect, relocate. Instead of allowing each family member to hole up in his or her room in front of a glowing screen, try bringing your gadgets into a shared space where you can talk to each other.

✓ Turn off notifications and set times to answer email or check Facebook a few times a day. Not only will this boost productivity, but it will help you feel more in control.
Thank you.
Any Questions?

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