

Digital Detox

Each week we add a micro habit to our daily routines in order to brainSHIFT. When we brainSHIFT we not only see our stress scores declines, but feel calm, focus, and sleep peacefully.

This week we are discussing the benefits of digital detox.

In our clinical studies with previous large groups, we found that the simple act of disconnecting from digital devices 30 to 60 minutes prior to bedtime show the following benefits in 21 days:

- *Reduction in individual stress scores by over 50%*
- *Improvement in the ability to fall and stay asleep*
- *Increase in daytime energy*

Instructions for Digital Detox:

1. *Set a daily wake-up and bedtime*
2. *Turn off all digital devices 30-60 minutes prior to bedtime*
3. *Fill that time with an activity*
4. *Preform a brainDUMP or heart dump*
5. *Start a meditation practice*

Instructions for a brainDUMP

Do you have a lot on your mind from your work day, projects, home life? (or all of the above?) . Try this exercise during the 60-minute digital detox period in the evening.

Using pen & paper, answer the following:

1. What is my to-do list for home

2. What is my to-do list for work?

3. Do I have any ideas for projects or tasks for home or work?

4. What do I need to remember to schedule or that is already on my schedule?

5. What do I need to do to prepare for tomorrow?

Instructions for a Heart Dump

Have you experienced an emotionally charged day? Emotions can run the spectrum from happiness and celebration to fear and worries. Add this exercise if you feel like you want to process and release these emotions before bedtime. Using pen & paper, answer the following:

1. What am I feeling about my home life/personal life today?

2. What am I feeling from my work day?

3. What am I grateful for today?

Remember anytime you have a question, you can send it to support@drromie.com

*Let's brainSHIFT together,
Dr. Romie*

Take Two Meditation

This is a popular technique that works for offices, remote work and schools.

- *Step away from your all of your screens for two minutes, and change the scenery. Breathe deeply.*
- *Focus on two things you can see*
- *Focus on two things you can hear*
- *Focus on two things you can touch*
- *Focus on two things you can smell*
- *Focus on two things you can taste*

By taking two minutes to reorient our five senses, we take control back in our minds and improve focus and calm. Take a two-minute brain break every hour if possible, if not, schedule it once in the morning and once in the mid-afternoon.

Two steps to disconnect before bedtime:

- *Schedule a regular time to go to bed, and commit to digital detox prior to bedtime*
- *Pick another activity that engages your mind and hands that will distract you away from devices (chores, knitting, romance)*