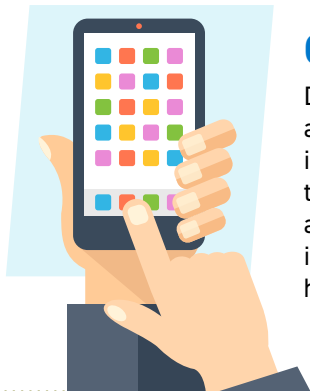


# LIVE SIMPLY DIGITAL DETOX

The average adult consumes five times more information every day in comparison to 50 years ago. We spend as much as 12 hours a day in front of computers, TV's, phones, and other electronic devices. This can distract us from doing the things that bring us joy. In this week's Digital Detox, we will focus on prioritizing our time and getting back to doing the things that matter most.



## Clean up your Phone

Delete apps you no longer use, and organize photos and apps into folders. Resist the urge to respond to text messages as soon as they come in. This illustrates the boundaries you have set for others as well.



## Schedule your Social Media

Set aside time within your calendar specifically for social media scrolling, and leave it off at all other times.



## Simplify your Email

Declutter your email and set up filters to send certain types of messages straight into folders. Set boundaries around when you check your email and when it is off limits.

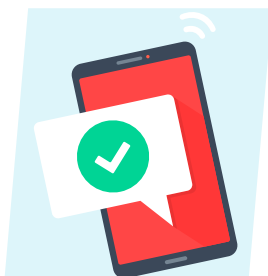


## Unplug for the Weekend

Your body will thank you for the decrease in stimuli, and you will be more likely to venture out and enjoy activities you love.



**What matters most?** Reflect on one action step you will take and why. Record your answer in the space below, or click [here](#) to take a quick survey. You can also take the survey by scanning the QR code with your smartphone.



## Want to learn more? Click the links below.\*

- ✓ [Screen-Free Week](#)
- ✓ [Screen-Free for Families Resources](#)
- ✓ [Slim Your Screen Time 60 Day Challenge](#)

\*By clicking on these links, you will be directed to third-party sites. These links are provided for informational purposes only.

**Questions?** Email [BeWell@bcbsvt.com](mailto:BeWell@bcbsvt.com) or click [here](#) for more information.

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