



THE IMPORTANCE OF UNPLUGGING

**PRESENTED BY YOUR EMPLOYEE ASSISTANCE
AND WORKLIFE PROGRAMS**

June 11, 2025

OBJECTIVES

- Recognize barriers to unplugging
- Understand the risks of device overuse
- Learn the benefits of unplugging
- Identify tools and techniques to help you unplug

WHY WE NEED TO UNPLUG

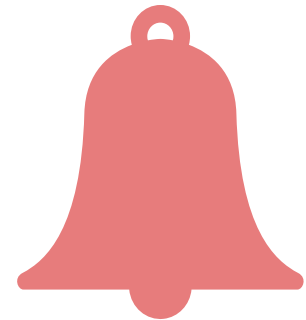
Each day on average, we:



Receive 90 and send
40 emails



Check our cell phones
262 times (or once
every 5.5 minutes)



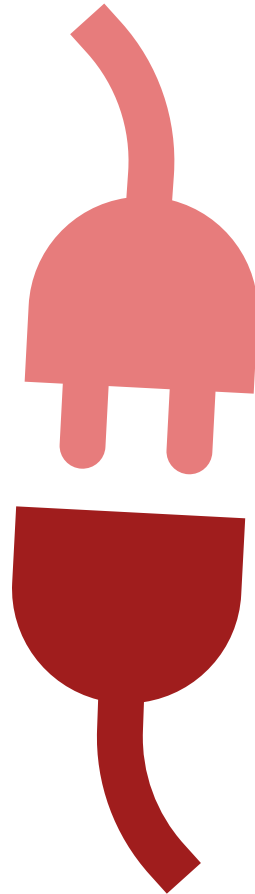
Get an average of 46
push notifications

SECTION 1

BARRIERS AND RISKS

WHY IT'S DIFFICULT TO UNPLUG

- Desire to be noticed and prove our value
- Enjoyment/satisfaction from our work
- Fear of missing out (FOMO)
- Entertainment overload



- Habit
- Social Pressure
- Ease of connectivity
 - News, social media, friends/family, and work
- Dopamine release

RISKS ASSOCIATED WITH EXCESSIVE DEVICE USE

NOMOPHOBIA

- Derived from:
NO MOBILE PHOne phoBIA
- Used to describe a psychological condition when people have a fear of being detached from smartphone connectivity

66% of the population

- Shows signs of being addicted to their phones

Research suggests that Nomophobia can:

- Negatively affect personality and self-esteem
- Contribute to anxiety, stress, performance issues, as well as various other physical and mental health concerns

OTHER RISKS ASSOCIATED WITH EXCESSIVE DEVICE USE



Eye
strain



Sleep
disruption



Poor
posture



Social
isolation

Excessive
screen time
may also
contribute
to:

Anxiety and depression

Obesity resulting from reduced physical
activity

SECTION 2

BENEFITS OF UNPLUGGING

PERSONAL



More present-moment awareness



Improved sleep



Deeper connections

Moving beyond superficial conversation



Engagement with others

Allowing for more meaningful interactions with friends and family

PROFESSIONAL



Less work-related fatigue



Far lower rates of procrastination



Greater engagement at work and getting into a state of 'flow'



Improved work-life balance and quality of life

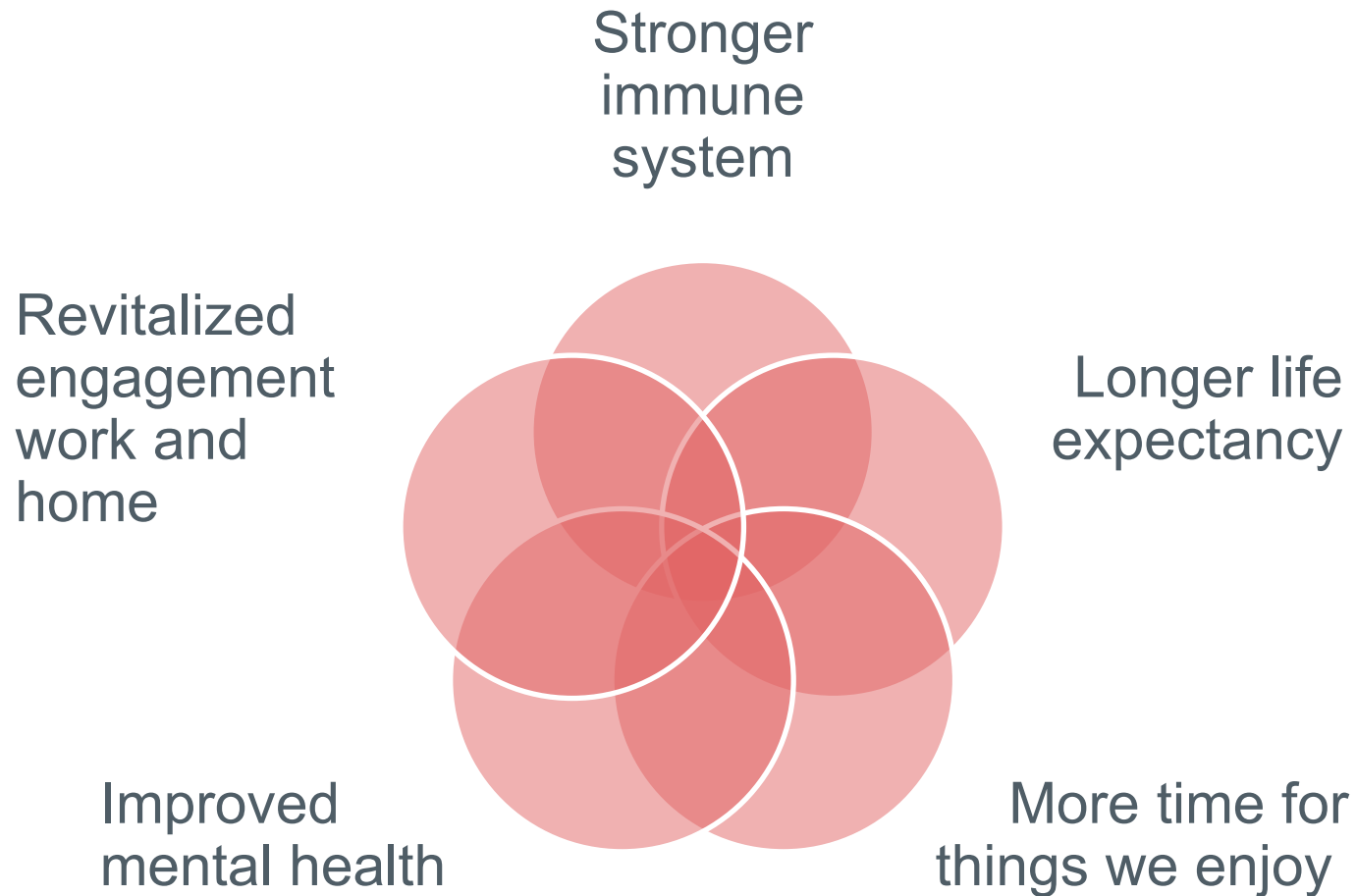


Increased satisfaction with their relationships at work and at home



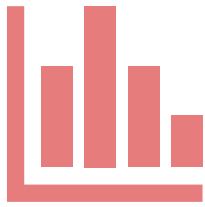
Better mental and physical health

HEALTH AND WELLNESS



SECTION 3

WAYS TO UNPLUG



What tactics have helped you unplug?

REDUCE OR ELIMINATE DEVICE DISTRACTIONS

Turn off notifications

Set specific times during the day to check emails and messages

Use “Do Not Disturb” or “Focus” modes during work and rest hours

Keep devices out of reach when engaging in personal or family time

Charge your phone outside the bedroom to improve sleep hygiene

Set a digital curfew
(e.g., no screens one hour before bedtime)

SET DAILY GOALS

Decide what time your workday will end and stick to it

Choose one activity each day that doesn't involve a screen

Schedule short screen-free breaks throughout your day

Track your screen time and aim to reduce it gradually

Set a goal to be “phone-free” during meals or walks

Reflect each evening on how often you disconnected and what helped when you did

Celebrate small wins and reward yourself for reaching unplugging goals

Encourage your family or team to join in for added support and accountability

REPLACE YOUR TECHNOLOGY TIME

Engage in physical activity

Listen to music or read a physical book or magazine

Spend time in nature

Cook a new recipe or prep meals for the week

Practice a hobby like painting, knitting, or woodworking

Build deeper social connections through group activities

Journal your thoughts or write a gratitude list

Try a screen-free mindfulness or meditation exercise

Connect with someone in person or over a phone call (not video)

Take a class, learn something new offline, or volunteer

OTHER IDEAS

Create device-free zones

Designate screen-free times

Use analog alternatives

Establish tech-free rituals

Put your devices to bed early

Practice a weekly digital detox

Leave the house without your phone (sometimes)

SUMMARY



- Technology helps us stay connected, informed, and productive
 - But constant use can lead to fatigue, stress, and disconnection
- Unplugging isn't about rejecting technology, it's about making space to recharge
 - Taking breaks helps us sleep better, focus more, and build stronger relationships
 - Create space for in-person connection with people and surroundings
- By setting boundaries and creating screen-free moments, we return to our devices with clarity, balance, and purpose

RESOURCES

Books

- **Digital Minimalism**
 - Cal Newport, 2019
- **How to Break Up with Your Phone**
 - Catherine Price, 2018
- **Indistractable**
 - Nir Eyal, 2019
- **Reclaiming Conversation**
 - Sherry Turkle, 2016

Online Articles

- [15 Psychological Benefits of a Digital Detox That You Should Not Dismiss](#)
- [Five Reasons to Take a Break from Screens](#)

Apps

- [Calm](#)
- [Forest](#)
- [Freedom](#)
- [Headspace](#)
- [One Sec](#)

Podcasts

- [The Digital Detox](#)
- [Hurry Slowly](#)
- [Unplugged and Unbothered](#)

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