

Reconnect/Unplug

- Can you?
- Can you do it? Really?
- Can you “be 100% present” and unplug to reconnect in person with people again?

Too much electronic device use is having a negative impact on our physical, social, and mental well-being. Most don't even realize it is having a negative impact on their social relationships and mental health. Just type in a search “negative effects of electronic device use” and see the search pages full of information and/or studies. Below are some links to problems:

<https://www.medicalnewstoday.com/articles/negative-effects-of-technology>
<https://valleywisehealth.org/blog/negative-effect-of-screen-time-adults-children/>



Reconnect with in person connections like: Play a game with your spouse, kids, and grandkids, take a walk, reminisce, visit a friend, get together as friends, go on date with spouse, or visit family, Visit family (leave cell phones in basket before entering room)

Name: _____ (Do all the following for a gift card)

Go to a movie and turn off your cell phone before entering. Talk and visit.	Take a walk with a co-corker	Avoid social media for one full day. Turn off notifications	Start a new hobby without using your phone.	Present a safety topic on the importance of connections	Reduce electronic device use by hours a night or by 25% in a week
Do service for someone	Turn off your phone and have a conversation	Do not use an electronic device during meals for one week	Take a walk with a family member or friend	Go through photo albums with someone	Play a game together with the cell phones turned off
Go out with spouse/friend	Visit family and place all cell phones in box or other room for 2 hours	Play a game	FREE Choose your own activity without an electronic device	Avoid social media for one full day. Turn off notifications.	Challenge friends and family to join in this type of program
Go out for a meal and leave the cell phone in the car, or place on do not disturb and do not touch one time.	No electronic device for one entire evening	When bored, do a hobby instead of reaching for an electronic device.	Read the above articles on the negative effects of digital devices.	Read a paper book or story	FREE Choose your own activity without an electronic device

Reconnect and put the phone down.

Pre-test how much time do you spend on your device per week (device shows weekly use)? _____

Stress Survey

Fill out the Pre-survey before you begin!

Record the number for the word that best describes your response.

	4 (Mostly)	3 (Frequently)	2 (Occasionally)	1 (Seldom)	0 (Never)
In the past week have you felt:					
Tense	<u>Pre-Survey</u>		<u>Post Survey</u>		
Inadequate	_____		_____		
Have exceeded your limit	_____		_____		
Poised	_____		_____		
Overwhelmed and cannot catch up	_____	_____	_____	_____	_____
Life is out of control	_____	_____	_____	_____	_____
Overwhelmed with obligations	_____	_____	_____	_____	_____
Things keep getting worse	_____	_____	_____	_____	_____
Everything is against you	_____	_____	_____	_____	_____
You do not have enough time	_____	_____	_____	_____	_____
You have too much happening	_____	_____	_____	_____	_____
Always in a hurry	_____	_____	_____	_____	_____
You cannot manage your situation	_____	_____	_____	_____	_____
Pressured	_____	_____	_____	_____	_____
Guilty and that you are letting others down	_____	_____	_____	_____	_____
Rushed into making decisions	_____	_____	_____	_____	_____
Total	<u>Pre-Score</u>		<u>Post Score</u>		
Mostly	_____		_____		
Frequently	_____		_____		
Occasionally	_____		_____		
Seldom	_____		_____		
Never	_____		_____		
	<u>Pre-Survey</u>		<u>Post Survey</u>		
Grand Total	_____		_____		
Difference	_____		_____		

Did you find that if you did not use your electronic device that you were anxious, nervous, and jittery and showed signs of addiction withdrawal? Yes/No