

# EAP Newsletter

DECEMBER 24

## Digital Detox: Unplugging During the Holiday Season

As the holiday season approaches, many of us are keen to unwind and rejuvenate. However, achieving true relaxation can be challenging amidst the constant distractions of devices, social media, notifications, and emails.

A digital detox offers the opportunity to intentionally disconnect from our phones, tablets, and screens. This break from technology can significantly reduce stress and allow us to foster deeper connections.



## Why Unplugging Matters

The holiday season is a time for reflection, celebration, and meaningful connection. Research shows that the use of digital devices has been associated with increased stress, disrupted sleep patterns, and reduced attention spans. While social media connects us, it often leaves us feeling isolated or caught in a cycle of unhealthy comparisons.

By intentionally unplugging, we can break free from these negative effects. Reducing screen time allows us to fully embrace the present moment and savour the spirit of the holiday season.

### Tips for unplugging during the holidays:



#### 1. Set Boundaries for Screen Time

Establish specific times to check emails or social media. e.g, avoid using devices during meals or family gatherings.



#### 3. Use Do Not Disturb Mode

Enable “Do Not Disturb” on your devices or set up app limits to minimise notifications and distractions.



#### 2. Create Tech-Free Zones

Designate certain areas in your home, such as the dining room or bedroom, as tech-free spaces to foster connection and relaxation.



#### 4. Plan Offline Activities

Schedule activities like board games, cooking, hiking, or crafting to encourage interaction without screens.



### 5. Leave Devices Behind

When heading out for a walk, a visit to friends, or a family outing, consider leaving your phone at home.



### 8. Replace Scrolling with Reading

Swap your phone for a book, magazine, or journal to unwind and stay engaged without the screen.



### 6. Set an Example

Be a role model by limiting your own device use. This can encourage others to do the same.



### 9. Communicate Your Intentions

Let family and friends know you're taking a break from technology. They'll understand if you don't respond to messages immediately.



### 7. Schedule Digital Detox Days

Dedicate one or two days during the holidays to completely disconnect from devices and focus on the present.



### 10. Reflect and Reset

Use the time unplugged to reflect on your priorities, set goals for the new year, and reconnect with yourself and loved ones.

## Embracing Balance

We understand that connecting online with family and friends abroad is often meaningful, and that a brief scroll through social media can sometimes offer a moment of rest, spark creativity, or provide a quick update on current events.

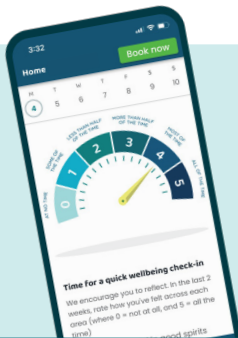
Unplugging doesn't mean abandoning technology entirely - it's about achieving a healthy balance. The holiday season presents an ideal opportunity to experiment with a digital detox, even if only for a day or two. Take this time to focus on what genuinely brings you joy.

This year, give yourself the gift of presence. By stepping away from the digital world, you can enter the new year feeling rejuvenated, connected, and at peace.



**E-Learning:** To learn more tips on how to begin your digital detox - **Click the button** or scan the **QR code**.

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## Mindfulness

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