RISE MHST

Mental Health in Schools Team (MHST) Tips For Wellness:

DIGITAL DETOX

Technology has become a normal part of our day-to-day lives and is widely beneficial; from being used as an alarm to wake us up in the morning, to helping us stay connected with family, and watching our favourite programme wherever we are in the world! However, prolonged use of technology can increase stress levels and have an unhealthy impact on our mental wellbeing.

A digital detox can help to improve sleep quality, reduce stress and anxiety, enhance productivity, increase creativity, and improve self-awareness.

Our tips for digital detox:

1- Phone free zones. Keeping phones out of certain rooms may help you to stick to your detox plan. This will remove the temptation to reach for your phone/mobile device and it allows you to enjoy your space away from technology!

2- 30 minute rule. Try to swap using your phone before bed for a screen-free activity instead! This should be for at least the last 30 minutes of the day. The blue light from screens tricks our brain into thinking it is daytime, which disrupts the production of melatonin (the hormone we need to feel sleepy!) Activities could be reading, mindful colouring, tidying, journaling, playing a musical instrument, board games, meditation, completing a puzzle, or self-care.

3- Take regular screen breaks. Stepping away from the screen helps us to balance our digital and real-world lives. This will also increase our self-awareness, productivity and overall happiness.

Scan for ideas on how to have a family digital detox!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!
thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.