



Health Notes - The Digital Daze

How many times have you pulled out your phone to check the weather, but later found yourself looking at text messages or social media? What's worse, when you snap out of the digital daze you, still don't know what the forecast is.

Our intellectual well-being requires us to continually stretch our minds, remain curious and answer-seeking, but also to take time to rest our mind each day. These digital devices that are meant to connect us to information and to each other flood our brains with content each time we interact with them, preventing any sort of rest. What is worse, these devices are doing more to put other areas, like physical and mental well-being, at risk:

- **Productivity Stealer** – The average worker spends 56 to 70 minutes per day on a Mobile device, which adds up to 4.5 to 9 hours of work missed per week.
- **Knowing without Going** – From videos, social media, emails and more, there is never a shortage of something on our devices to keep us glued to them and to our chairs. And to a sedentary life style linked to heart disease diabetes, etc.
- **Distracted and Driving** – More than 9 people are killed and 1,000 are injured everyday due to a distracted driver. It's no wonder that 15 states currently prohibit handheld cell phone use while driving.
- **Disconnected**—It's a habit that many of us have come to do without any awareness—playing on our devices to fill time while in line for coffee, in the carpool lane, in the waiting room, in the checkout line—anywhere and everywhere. God calls us to be in relationships with Him and others. We might believe that's what we're doing by staying attached to our phones because it links us to texts, calls, emails, social media and more. But are they encouraging meaningful relationships –or are they distracting us from them?

So what is the solution? First we need to have awareness of our habits. Then we need a plan (coupled with accountability) to start changing our interactions with our devices. Here are a few apps designed to help you become aware of your connection to your device and then to start disconnecting from it.

The article listed several apps: Flpd (Android only), Off Time, RealizD, UnGlue, Freedom.

Whether you use a blocker app., good old self-discipline, or resort to running over your device with a truck in the street— try to make time to disconnect daily so you can reconnect with the people and situations around you and to give your mind a break. Who knows how much you're missing when you're Looking down?