



More time for real life

Are you constantly flooded by too much information in too short a time? This is a permanent stress situation for mind, soul and body. The result: we can no longer process all this information, let alone deal with it. The result is a permanent feeling of overload, inadequacy and the fear of overlooking or forgetting something important.

Tip: Just have the courage to take a break and go from being a slave to being the master of everything you let get to you. Block push notifications, select the information that touches you at the moment and delete the others. If the “concern” is not obvious and clear for you at first glance, that message belongs in category two. Trust that the messages which are meant to find you will reach you even without a smartphone. Also, keep in mind that by using your smartphone, you are constantly revealing information about your whereabouts, contacts, and consumption habits to all sorts of entities. Big brother is watching you!

Determine your own free time

If you decide for yourself when and for how long you want to do without electronic devices, you will at least experience a feeling of self-efficacy in your free time, as opposed to a feeling of being controlled by others. By "switching off", you can work on your important projects in a concentrated undistracted manner, avoid being constantly available and focus on your own real life.

Tip: Discuss the topic with superiors or coworkers at work. Productive work can only be done by those who are granted the necessary digital breaks, even during working hours. It has been found that a distraction occurs approximately every 11 minutes due to active digital media. After such a distraction, it can take up to 25 minutes for you to regain your concentration on what you were working on. Neither you nor your employer can afford mistakes caused by distraction.

Conscious use of digital worlds

According to statistics, those who don't use their smartphone for work still spend 1-2 hours a day with it. Among young people, smartphone use is even around five hours a day. The longer the usage time, the greater the risk of developing an addiction.

Tip: Be aware of when you use your smartphone and for what. As an adult, you are a role model for your children. The brain of young people is not yet fully developed. If the use of digital media takes over, confusion can arise. Real life is not always perfect and sterile. It cannot be switched off at any time you like. The Internet makes young people believe in an ideal world. This results in the release of happiness hormones. If this release is impaired in the "real" world, it leads to frustration, stress, disappointment, psychological problems and behavioral disorders, and gradually to addiction to virtual reality.

Using a smartphone near babies and young children is assault due to the radiation, of which small heads absorb much more.

Sensual perception instead of digital illusion

With smartphones, you can take photos and videos and also view them. You can listen to music and watch movies. The creative use is limitless, traveling on the Internet satisfies our curiosity and is fun.

Tip: A screen can never replace what your mind, body and soul need. Activities are needed that engage all your senses (not just your eyes and ears), such as making music, cooking a delicious meal, dancing, or having face-to-face conversations. Feed all your senses and don't let them go to waste.

The math is simple: Every minute in the digital world takes away a minute in real life.

Feel real belonging, recognition and appreciation

Social media, such as Instagram or Facebook, give the false impression of being recognized or liked by many "friends." "Likes" on self-posted messages sometimes correlate with personal self-esteem, especially among young people. "Ghosting" refers to the lack of culture of quickly blocking and dropping contacts - locally near or far - without justification (and thus painlessly for the person ghosting) while remaining largely anonymous. But the psychological damage that can be done to those affected by "ghosting" if they thought that a digital relationship was a "real" friendship is exactly the same as if a "friend" in real life had terminated the friendship for no reason and unexpectedly.

Tip: Maintain personal contact with your loved ones. Invest in real "relationship work", which is unlearned if you take too little time for it. Only balanced give and take in real life builds trusting relationships that can withstand crises or part time geographical distance. In personal contact, the electromagnetic vibration between two people's hearts is clearly perceptible, you notice if "the chemistry" is right. There is magic in nearness

<https://www.youtube.com/watch?v=hsczuCzyUs4>

Enjoy and be grateful that you can express feelings physically through loving embraces.

Switch off completely and enjoy restful sleep

Sleep disorders have increased massively in all population groups in recent years. You don't need a cell phone to wake up in the morning; a classic alarm clock performs this service just as well. Radiation exposure from an active smartphone severely disturbs sleep. The blue light on screens prevents the formation of melatonin, which the body needs to fall asleep.

Tip: Prepare for a relaxed night's sleep by using a blue light filter in the evening or, ideally, by completely avoiding digital media one hour before going to bed. Fall asleep in the consciousness that the world continues to turn, even if you allow yourself the luxury of opting out for some hours.

