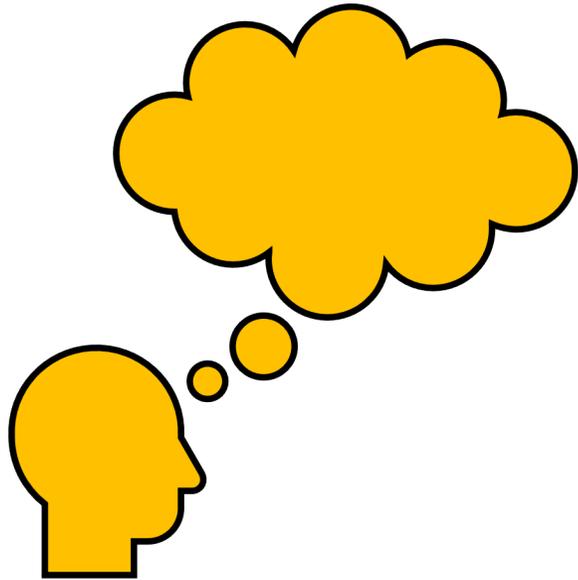

REFLECTION



Reflect on the following questions

Do you...

1. Check your phone as soon as you get up in the morning.
2. Take your phone with you to the bathroom.
3. Keep your phone next to you at night.
4. Compulsively check your phone every half an hour.
5. Give preference to online activities over social interactions or outdoor games.

-
6. Postpone studies & other activities to spend just 5 more minutes on the phone (which keep on extended).
 7. Feel restless when not using digital devices.
 8. Get angry when asked not to use Internet or play games.
 9. Repeated efforts to curtail Internet use have failed.
 10. Often feel phantom vibration syndromes.
-



Some Addictions...

Smoking

Alcohol

Shopping

Gambling etc..

Technology Overuse / Addiction

Research shows that about 61% of young people admit they are addicted to the internet and digital screens.



Types of Technology Addictions

- Online Gaming Addiction
- Online Gambling Addiction
- Communication Addiction
- Virtual Reality Addiction
- Compulsive Information Seeking

WHY TECHNOLOGY OVERUSE OR ADDICTION?

- Easy Availability
- Peer Pressure
- FOMO
- Sense of Loneliness
- Dopamine-feel good
- Gaming Rewards-badges, certificates
- Endless temptations and entertainment

COMMONLY USED 'DRUGS' FOR TECHNOLOGY ADDICTION

- **Gadgets:** Smartphones, Tablets/iPads, Gaming Consoles, Laptops, Desktops
- **Apps & Platforms:** Videos, Social Media Sites, Messaging Apps, Gaming Apps, Emails, News Media, Blogs, Podcasts etc..

Effects Of Excess Use of Digital Devices

Psychological Issues:

- Anxiety/depression
- Social isolation
- Virtual representation
- Sharing personal details with strangers
 - privacy issues
- Prone to brainwashing by outsiders

Physiological Issues:

- Sleep deprivation
- Sedentary lifestyle
- Limited physical exercise
- Appetite loss
- Weakened immune system
- Incorrect posture
- Headaches, Eye Strain

TREATING TECHNOLOGY DEPENDENCY & ADDICTION

- Counselling
- Rehab
- Support Groups
- Digital Detox

DIGITAL DETOX



Not using
Digital
Devices for
a specified
time period

PLANNING - DIGITAL DETOX

- Start with one hour daily – between 8 am – 8 pm
- Increase to two hours daily

And/Or

- Weekend Detox – start with half day going on to full day – 12 hours
- 24 hours of Digital Detox in a week.....



DIGITAL DETOX

Turn FOMO
into JOMO

Turn Nomophobic
to Nomophilic

Advantages

- Reclaim your life and time
- Improve your sleep and health
- Strengthen relationships
- Improvement in studies, work & health
- Reduces depression and anxiety
- Feeling calmer and more content
- Saves money for better use
- Take an honest look at yourself. Not led by other's feelings for you
- Focus on your strengths and weaknesses

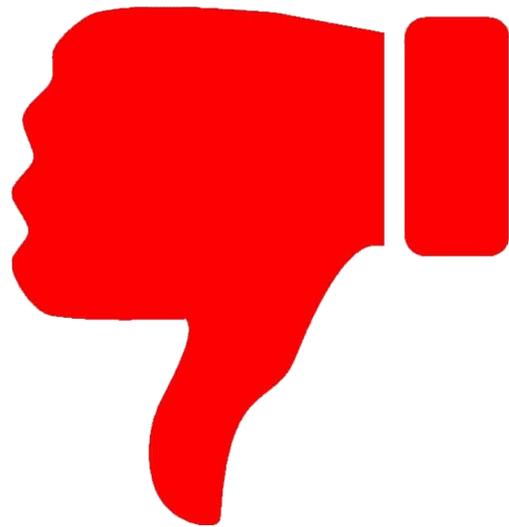
Maintain Control & Discipline

Maintaining Control

- Be mindful & log the time on your phone
- Go on a digital diet - follow discipline & set fixed usage hours
- Use apps to track your usage- Nifty, Time Doctor, Buddy Punch etc..
- Use an alarm clock and a watch
- Turn off push notifications.
- Identify "triggers" of Internet & "binge behavior"

Maintaining Control contd...

- Set aside phone-free times in the family
- Avoid idle scrolling through your newsfeed while watching TV or studying
- Unfollow any accounts that prompt negative thoughts
- Set a budget for data download/phone bills
- Include hobbies and other outdoor activities in your daily schedule.





Support for Internet Addiction

**National Institute of
Mental Health and
Neuro Sciences
(NIMHANS)
SHUT (Service for
Healthy Use of
Technology) Clinic
080 26995000**

**Clinic for
Behavioural
Addiction, AIIMS,
New Delhi.**

**CyberPeace Foundation
Website: www.cyberpeace.org
Helpline: +91 9570000066
helpline@cyberpeace.net**

**Internet De-
Addiction Centre
by Uday
Foundation
New Delhi
011 26561333**

**Internet and
Technology
Addicts
Anonymous -
ITAA
Phone/Online
Meetings**

Questions...