



DIGITAL DETOX

Lely Sylva Jemima Tarigan
1202230034



WHY DIGITAL DETOX MATTERS

Impact of Excessive Screen Time

Excessive screen time overstimulates the brain, disrupts sleep, and raises stress levels affecting mental and physical health.

Benefits of Digital Detox

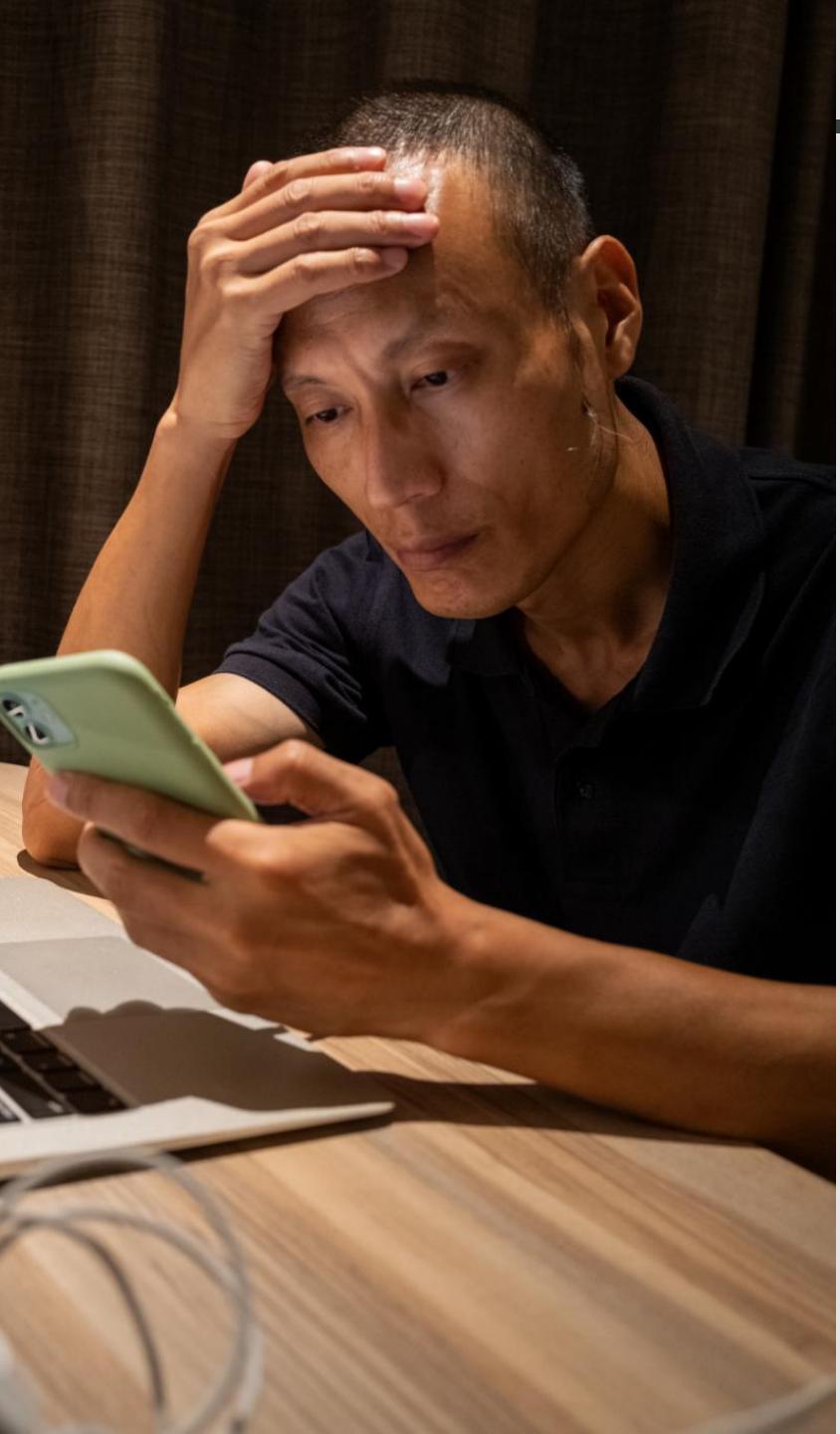
Regular breaks from technology restore mental clarity, reduce anxiety, and improve overall well-being.

Mindful Technology Use

Digital detox encourages mindful use of technology to prevent negative consequences without rejecting it completely.

Maintaining Productivity with Detox

Flexible digital detox strategies help maintain productivity while safeguarding mental health in modern life.



PHYSICAL AND MENTAL HEALTH IMPACTS

Physical Effects of Screen Time

Prolonged screen exposure causes headaches, eye strain, and disrupts natural sleep cycles due to light stimulation.

Mental Health Challenges

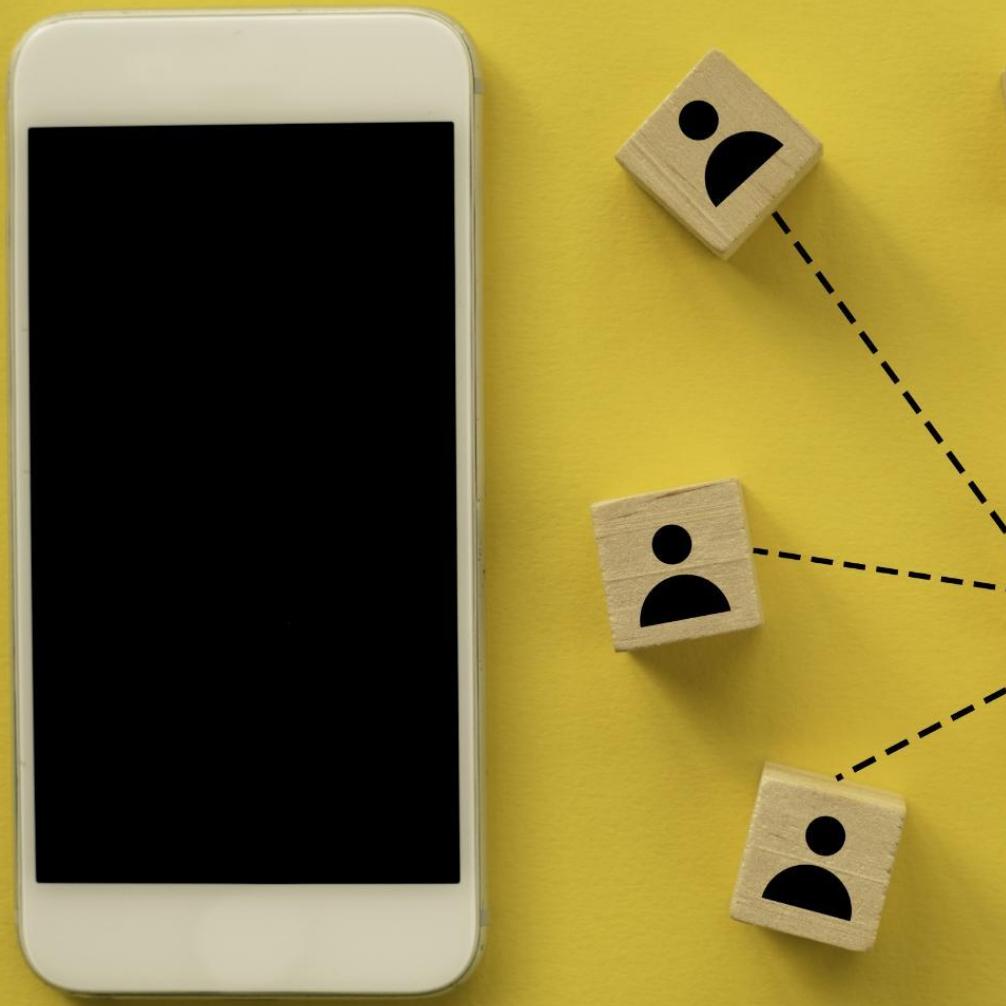
Continuous social media use can lead to anxiety and depression from unhealthy comparisons and stress.

Impact on Cognitive Performance

Excessive technology use leads to fatigue, reduced focus, and emotional instability among students and users.

Need for Digital Detox

Implementing digital detox helps reduce chronic stress and restores mental and physical balance.



LOSS OF EMOTIONAL CONNECTION

Impact of Digital Communication

Digital communication often lacks emotional depth due to absence of physical cues like eye contact and body language.

Emotional Distance in Presence

Being physically present while using devices can create emotional distance and weaken relationships over time.

Benefits of Digital Detox

Digital detox helps rebuild real social interactions and strengthens emotional bonds by disconnecting from devices.

BENEFITS OF DIGITAL DETOX



Impact of Excessive Screen Time

Spending over ten hours daily on devices can cause headaches, poor sleep, and decreased motivation.



Positive Effects of Digital Detox

Reducing screen time and turning off notifications can improve mood, focus, and energy significantly.



Balanced Digital Usage

Digital detox encourages mindful use and scheduled breaks to maintain a healthy technology-life balance.

WHY SOME PEOPLE RESIST DIGITAL DETOX



Dependence on Technology

Modern life depends heavily on technology for communication and work, making digital detox challenging.



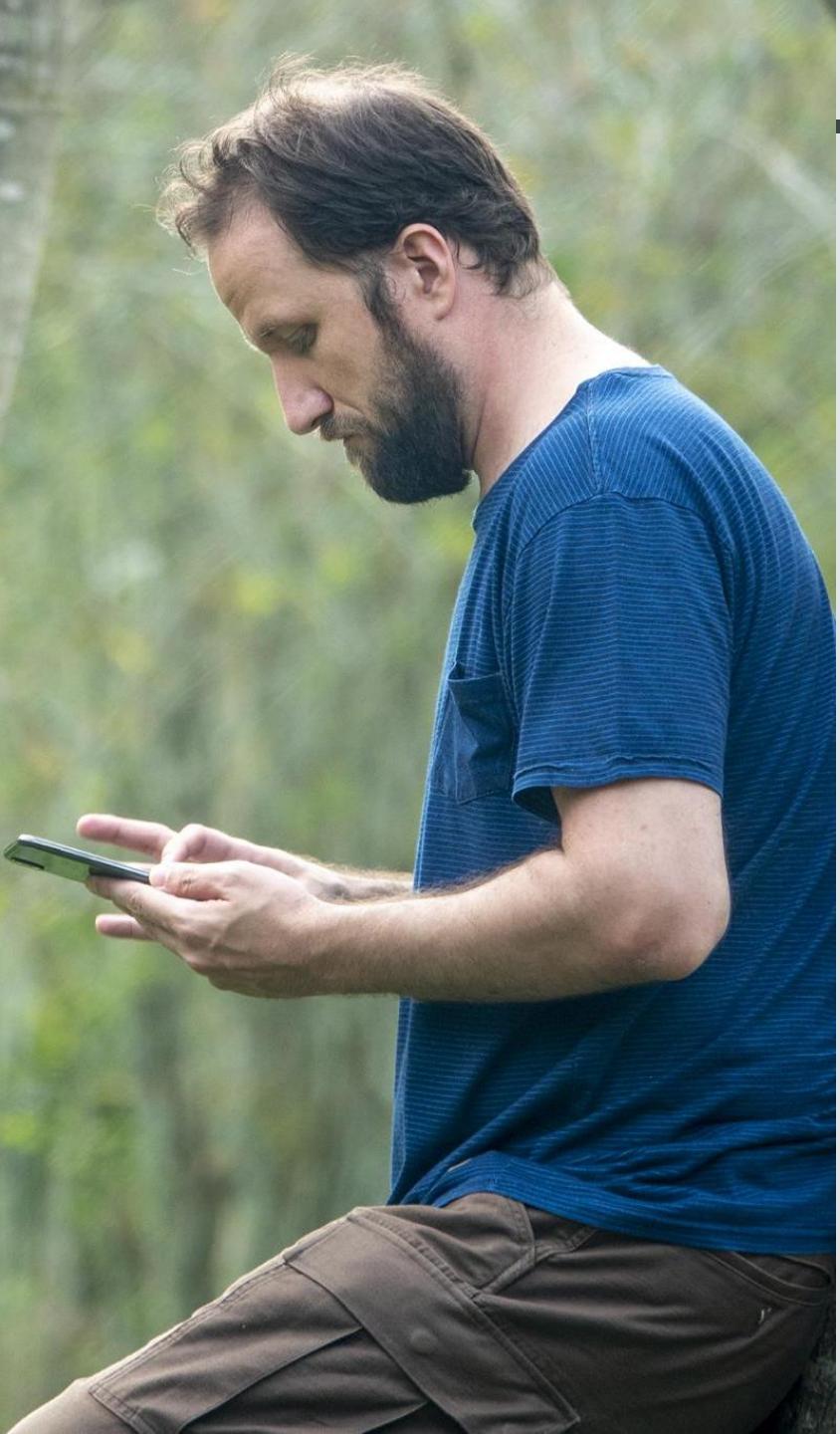
Impact on Productivity

Disconnecting from devices can disrupt workflow and reduce productivity for many professionals and students.



Need for Flexible Detox

Digital detox should be flexible and tailored to individual needs to balance productivity and mental health.



CONCLUSION

Benefits of Digital Detox

Digital detox reduces stress, enhances mental clarity, and supports healthier social connections.

Impact of Excessive Screen Time

Too much screen time harms physical health, sleep quality, and emotional well-being.

Balancing Technology Use

Flexible digital detox strategies help balance work, education, productivity, and wellness.

Mindful Technology Use

Digital detox promotes mindful technology usage for a healthy and fulfilling life.

THANK YOU!