

Are your Tech Devices making you sick?

Reduce Your Stress and improve your Health with the 5:2 Digital Detox



Technology has its upsides but it also has many downsides and has reached the point where it's affecting sleep, daily stress levels, quality of relationships and, ultimately, quality of health.

You can restore the balance though and get quick results by taking charge of your technology and giving yourself two days a week where you are tech free.

The rewards are plenty:

Better sleep. Reduced stress, Better relationships. You'll even 'think better' and have a more relaxed outlook on life. It takes a little work to get there though so follow the steps below to put you back in control of your technology instead of your technology being in control of you.

Step One:

Print this tip sheet and checklist out so you can put it somewhere you'll see it every day

Step Two:

Decide what days you are going to have your detox and mark them on the calendar below. The two days don't have to be together each week so choose days that you expect to be less challenging for you.

And if you can only manage half a day at a time, that's better than nothing so start there.

Step Three:

Turn the screens off when you go to bed the night before your detox day. If need be, let your friends, loved ones and colleagues know that you'll be 'off the grid' for the day

and they can either wait till you are back online (or send a carrier pigeon with a message if they are really desperate).

Follow the tips below and watch the video where I explains how you can make it through <http://www.back2health.net.au/getting-the-most-out-of-your-52-technology-detox-2/>.

Step Four:

As you complete each day successfully, put a big green tick on the calendar below. (And if you don't quite make it on the day you allotted, choose another day to make up for it).

Step Five:

Celebrate your successes. Remember, your chasing a health goal here so don't undo any of the good done by choosing a reward that takes you backwards.



back2health
Good health should last a lifetime

Key points to remember during your Digital Detox:

Out of sight, out of mind:

Over 40 percent of mobile phone users sleep next to their phone at night, with many actually snuggling up to their device in bed at night. It's critical to create physical distance with all technical devices during the two days of detox. This light has direct effect on the pineal gland and this is a worry for teenagers.

Clear boundaries:

Set the ground rules and stick to them – no screen time means not checking emails, texting, Facebook or MasterChef.

Get organised:

Make sure to let co-workers, family and friends know ahead of time what you're doing, otherwise they'll be concerned you've disappeared.

Head for the outdoors:

Disconnecting from social networks doesn't mean disconnecting completely – instead, go for a hike, a bike ride or a picnic with friends and have real-time conversations.

Get plenty of sleep:

Try to be in bed by 10pm – or at least get eight hours of sleep on the two fasting days. Ayurveda says the body goes into its second phase of digestion and you need to be asleep for this to happen.

Watch what you eat:

For the best results, incorporate the [5:2 diet](#) into the technology diet – so on fasting days try to eat light or vegetarian and stay away from alcohol.

SUN	/ /	MON	/ /	TUE	/ /	WED	/ /	THU	/ /	FRI	/ /	SAT	/ /
SUN	/ /	MON	/ /	TUE	/ /	WED	/ /	THU	/ /	FRI	/ /	SAT	/ /
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