

EAP+Work/Life Training Seminar

Digital Distractions:
When Technology Takes Over

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EAP+Work/Life Program Features

- 24/7, unlimited telephone access
- In-person assessments
- Unlimited HR and management consultations
- Employee wellness and prevention seminars
- Critical incident debriefings
- Medical Bill Saver service
- Video counseling


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Work/Life Support

Work/Life Specialists find support services and local resources to help with:

- Eldercare, childcare
- Legal concerns
- Financial issues
- Time management
- Relocation issues



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Employee Assistance Program (EAP)

Short-term problem resolution with Licensed Professional Counselors for help addressing a wide range of issues:

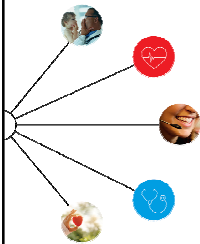
- Stress; depression; anxiety
- Marital problems; family/parenting issues
- Work conflicts
- Anger, grief and loss; substance abuse

Provides referrals for more long-term support

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Objectives



- What are Digital Distractions?
- Statistics and examples of Digital Overuse
- Impact of technology distractions on health
- Striking a balance between staying connected and letting technology take over your life

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Some Facts and Figures

- 77% of all Americans own a smartphone.
- 95% of kids over 13yo own a smartphone.
- Average American spends 12+ hours per day with media.
- 46% of people surveyed say they could not live without their smartphones.
- 70% of office emails are read within six seconds of appearing in an in-box.
- We check our phones, on average, once every 12 minutes.

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A Few More

- 87% of smartphone users pair activities.
- Average worker loses 25% of the workday with digital distractions.
- Average office worker switches tasks every four minutes!
- Average smartphone user has lost almost 70 minutes of sleep a night by staying on the phone.
- We touch our phones 2,617 times a day!

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Examples of Digital Overuse

- Internet
- Phone and Internet gaming
- Internet gambling
- Social media
- Online pornography
- Online dating
- Online shopping
- News, sports, and weather reporting

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Why Are We So Addicted to Our Phones?

- Every time the brain encounters something novel, it releases dopamine. Helpful for hunters-gatherers when novelty led to new resources or sources of food.
- Smartphones are designed to project the same IV light as the sun, keeping you awake (and on your phone) longer at night.
- Pop-up ads and "recommended for you" articles and sites are designed to increase dependence.
- FOMO
- The internet operates on a variable ratio reinforcement schedule.

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Are You Too Connected?

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1. Do you pass time on your device on a regular basis, even when there might be better or more productive things to do? Do you lose track of time when on your devices?
2. Are you spending more time with your 'virtual friends' than with real people nearby?
3. Do you find yourself reading and answering texts, tweets, and emails at all hours of the day and night—even when it means interrupting other things you are doing?
4. Do you text, Email, tweet or surf while driving or doing other similar activities that require your focused attention and concentration?
5. Are you uncomfortable, or do you feel reluctant, to be without your Smartphone or other digital devices, even for a short time?

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What are the Impacts of Digital Distraction?

- Increases stress and anxiety
 - The majority of users feel "uncomfortable or very uncomfortable" when removed from their devices
- Overwhelms our ability to concentrate
 - Information overload distracts us
 - Devices are designed to demand our attention
- Eliminates boredom, which leads to decreased creative or original thinking
 - E.g., folding laundry, ironing, cutting grass, washing dishes, or gardening

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More Impacts

- It's difficult to disconnect from work, damaging life-work balance and family relationships.
- Limits rather than boosts productivity.
- Social isolation.
- Sleep is disrupted, and depression sets in.
- There's an increase in distracted-driving and distracted-pedestrian accidents.
- The ability to learn is being undermined.

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Taking Charge of Your Devices

- Assign time per task and commit to completion.
- Go back to paper calendars and notebooks.
 - Increases mindfulness
 - Allows you to see where the gaps in your schedule are.
 - Schedule your online use then.
- Put your phone on silent and set an alarm for 15-20 minutes. Do not check it again until the alarm goes off. Increase the time each week.
- Check email or social media only at specific times of the day. Use it as a break or a reward.

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More Ideas

- Manage alerts.
- Designate specific times when no devices are allowed or when devices are turned off, except in emergency situations.
 - Periods could include family meals, sleeping at night or designated family time during vacations or weekends.
- Practice self control while driving – No text is worth a human life. If it absolutely cannot wait, pull over.
- Be aware that hands free technology is still a distraction, and in many states illegal.

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And Just a Few More

- Program your GPS before getting on the road.
- Create a "tech blackout" one day each week. More and more families are designating one weekend day for unplugged family time.
- Use a "buddy system" where a friend or co-worker keeps your phone and returns it only during pre-planned times.

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Thank You
Any questions?

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Let's Connect

For more information visit us on the web:
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