



Mental Health in Schools Team Tips For Wellness

Digital Detox

The use of technology in our day to day lives has become a normal part of today's society and has many benefits, including staying connected with friends and family, accessing information and providing support for learning. However, research suggests that the prolonged use of technology can increase stress levels and have a negative impact on our mental health.

A digital detox is a time when a person does not use devices such as smartphones, televisions, computers, tablets, and social media sites. "Detoxing" from digital devices is often seen as a way to focus on real-life social interactions without distractions.

Some of the benefits include reducing stress, improving sleep patterns, encouraging more face-to-face social interactions, reducing 'fear of missing out (FOMO)', improving attention span, freeing up time for other/new interests and activities, creating a better work-life balance, and encouraging physical exercise.

Our tips for having a digital detox:

1. Set a realistic time limit for your daily screen time/device usage.
2. Participate in other activities instead of screen time (e.g., go for a walk with a friend/join a new club).
3. Create routines for 'device-free times' (e.g., at mealtimes or 30 minutes before bed).
4. Agree to leave your phone downstairs overnight to reduce temptation to scroll in bed!
5. Let your friends and family know you are on a digital detox so they can support you.
6. Delete social media apps on your phone to remove temptation and easy access.
7. Create a list of activities you can do when you have an urge to use a digital device. Make sure you include a balance of quick activities you can do in the moment, as well as activities that may take more time and planning.



Scan for information on social media
and mental health – Young Minds

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.