

Digital Detox: Reclaiming Your Time

Small changes can help you feel calmer, more present and more connected — in recovery and in life.



Unplug to Reconnect

Today, it's easy to spend hours on phones, computers and social media. While technology can be helpful, **too much screen time can affect your mood, sleep and relationships**. Taking a break from devices—a “digital detox”—may help you feel better, think more clearly and enjoy real-life moments. This is especially helpful during recovery, when staying grounded and focused really matters. Here's why unplugging can help:

The Benefits for You and Your Recovery

1

Helps Your Mental Health and Lowers Stress

Spending lots of time online (especially on social media) can make people feel anxious, sad or stressed. It's easy to compare your life to others or feel overwhelmed. **Taking breaks gives your brain time to rest and feel calmer**. Even short breaks from screens can improve your mood and support your emotional recovery.

2

Improves Sleep

The blue light from phones and computers can confuse your brain and make it harder to sleep. **Good sleep helps you heal, think clearly and stay strong, making it very important in recovery**. Turning off screens before bed helps your body relax, wind down and get the sleep that it needs.

3

Boosts Focus and Productivity

Switching between apps, messages and websites makes it harder to concentrate. When you cut back on screen time, you **give your brain a break** and will be able to focus better on your work, family, recovery and all the important things in life.

4

Builds Stronger Real-Life Connections

Spending less time on your phone means more time for people. Looking someone in the eye, having a real conversation, or **simply being present can make relationships stronger**. Support from others is key in recovery, and being present helps you give and receive that support.

5 Digital Detox Reminders

- 1 Protect Your Mental Health
- 2 Prioritize Restful Sleep
- 3 Strengthen Connections
- 4 Boost Focus and Clarity
- 5 Create Screen-Free Moments



To get help for you or a loved one, call:

844-535-7291



Or visit:

BHGrecovery.com



Tips for a Digital Detox



Set Boundaries:

Choose times each day to stay off your devices—like during meals, before bed, or when you first wake up.

Create Tech-Free Zones:

Keep phones out of certain places, like the **bedroom** or at the **dining table**.



Turn Off Notifications:

Stop non-important **alerts** that pull your attention away.

Try Different Activities:

Read a book, go for a walk, write in a journal, or have a **screen-free** conversation with someone.



Things to Avoid



Mindless Scrolling:

If you grab your phone just out of habit, pause and ask why.



Too Much Screen

Time at Once: Try not to plan lots of screen-based tasks back-to-back.



Using Devices Before

Bed: Instead of scrolling at night, do something calming like stretching, reading, or breathing exercises.

Conclusion: Take Back Your Time

You don't have to quit screens completely to feel better. **Even small changes can help you feel calmer, more focused and more present—in recovery and in life.** A digital detox is a way to give yourself more peace, more time and more control. Unplug a little, and reconnect with what really matters ■

