Beating the Blues By Unplugging

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Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life
Skills Building - Week #3

• See the cup half full instead of empty
• Be kind to yourself
• Know your limits; don’t feel guilty about saying “no!”
• Stay aligned with your dreams and passions!
• Seek help if these symptoms persist more than 2 weeks and interfere with your function: There is hope; depression is very treatable
Today you will learn:

• Concerns associated with too much screen use
• Where to locate expert guidelines regarding screen use
• Strategies for setting guidelines around screen use for yourself and your family
Digital Detoxing

The act of refraining - for a period of time - from electronic devices such as smartphones and computers.
Why detox?

The overuse of digital technology can impact:

• Physical Health
• Mental Health
• Social Health
Technology impacts sleep quality and quantity
Technology impacts memory, attention span and ability to learn
Technology can cause stress!
Technology limits in-person communication
Become a Digital Minimalist

A philosophy of technology use in which you focus your online time on a small number of carefully selected and optimized activities that strongly support things you value, and then happily miss out on everything else.

- Cal Newport
Aim for Depth over Breadth

“Treat your mind as you would a private garden. Be careful about what you introduce and allow to grow there.”

- Winifred Gallagher
Unplug and…

• Practice mindfulness
• Go outside
• Take a stretch or activity break
• Find or engage in a hobby
• Embrace solitude
Create a Personalized Media Use Plan

Balance your child’s online and off-line lives!
Resources for Teens

- Campaign for a Commercial Free Childhood and the Children’s Screen time Action Network

- *Tweens, Teens, Tech and Mental Health: Coming of age in an increasingly digital, uncertain, and unequal world* from Common Sense Media
Strategies for setting screen-use guidelines

• Consider the “3 Cs”:
  • Content
  • Context
  • Child

➢ What is the screen displacing?
Skills Building - Week #4

• Assess your technology use. How is technology helpful and necessary? What can you reduce or eliminate?
• Identify how to unplug and do it regularly!
• Explore screen use guidelines and resources for your family.
Questions?

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Thank You
Office of the Chief Wellness Officer and Buckeye Wellness

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Next Week

January 20, 2021 12:30 - 1:00 pm EDT
Beating the Blues with Humor
Lorrissa Dunfee, MS
Family and Consumer Sciences Educator
OSU Extension Belmont County

Stay Calm and Well

Part III | Beating the Blues

Learn strategies to reduce stress and improve your optimal state of health and well-being during challenging times.

The Ohio State University
Office of the Chief Wellness Officer