

MODULE 5 SUMMARY

Digital Disconnection

As a culture, we revere and celebrate 'busyness' because we've adopted the industrialised model of productivity, where time is a barometer for productivity.

Our brains and bodies aren't designed to be 'plugged-in' and 'switched-on' 24/7. Remember, we have ancient, paleolithic brains operating in a high-tech world.

There are a multitude of benefits attributed to 'boredom' and what neuroscientists call the 'default mode of thinking' (the mind-wandering mode) including ideation, a psychological break and physical restoration.

Research tells us that 'greentime' (i.e. time in nature) has benefits for our focus and wellbeing. Referred to as 'forest bathing' in Japan, studies show time in nature reduces cortisol (stress hormone) production, improves feelings of happiness, promotes creativity, lowers heart rate and blood pressure, boosts the immune system and accelerates recovery from illness

Be intentional with your rest time and ensure it incorporates moments that are tech-free (no, you don't need a #digitaldetox).

MODULE 5

tasks

● **SCHEDULE YOUR GREENTIME**

Plan some time in nature each week (or at more regular intervals if possible).

● **PLAN YOUR IDEAL WEEK**

Be intentional and proactive with your time (and don't let meetings, emails or other people's' agendas dictate your calendar).

● **CREATE YOUR IDEAL CALENDAR TEMPLATE**

Create a calendar template of our ideal week using your online calendar tool. Overlay this calendar over your weekly schedule to help you say no to unnecessary meetings or project, move tasks according to your priorities. Download the screensavers from the bonus section, or create your own using the template.

● **TAKE THE DIGITAL WELLBEING CHECKUP**

Go to- <https://drkristygoodwin.com/checkup/> and complete the quiz. Take a screenshot of your results (and save this screenshot).

Record your scores below

Overall score-

Digital borders & boundaries-

Neuro-productivity hacks-

Disable digital distractions-

Digital disconnection-

NOTES-

Digital Disconnection

MODULE 5 MICRO-HABIT MENU

- Plan some time in nature each week (or more frequently if possible) and put these 'appointments' in your calendar/diary as a commitment.
- Establish a nightly bedtime for digital devices. Set reminders on your devices as a cue to remind you.
- Overlay your ideal week on your weekly calendar to plan your week.
- Plan a tech swap- instead of scrolling social media plan an offline alternative that meets that need. For example you might scroll social media because you're craving connection, so instead, plan to meet up with your friend for dinner.
- Create tech-free zones at home. Have designated areas that are device-free so your brain associates those areas with rest, or being offline.
- Remove your biggest tech temptations off your phone/tablet/laptop for a small period and notice how you feel. This is more of an 'experiment' than a 'detox'.
- Keep your phone (or other tech temptation) out of sight- just seeing it can be a psychological trigger to want to use it.
- Use the 1:1:1 rule- go offline one hour before bed, go offline one afternoon/morning a week and go offline one day/weekend once a year.



MODULE 5
MICRO-HABIT
list

HABIT # 1

HABIT # 2

HABIT # 3

HABIT # 4

HABIT # 5



Ideal Day

MORNING

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

AFTERNOON

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

EVENING

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

Ideal Week



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY & SUNDAY

Ideal Week



MONDAY

TUESDAY

Ideal Week



WEDNESDAY

THURSDAY

Ideal Week



FRIDAY

SATURDAY

Ideal Week



SUNDAY

NOTES

Module 5

Important Notes

DIGITAL
Wellbeing
RESET