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TAKE A DIGITAL BREAK

why and how?

Brochure for youth

Marketing
Gate



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ASEDDEDIPE

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There are 4 partners from different countries who are responsible for project implementation:

Kre-Aktywni Association (Poland)
Marketing Gate (Republic of North Macedonia)
GLAFKA (Czech Republic)
ASEDEDIPE (Greece)

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Digital Detox

Digital Detox

What is a Digital Detox?

Digital detox was defined as the time when one is away from all devices that use permanently in everyday life. Smartphones, tablets, laptops, computers – must be away from you for the time that was decided. It means that you will not see your emails, check your profile on social networks, upload photos, check in, and you will not almost be asleep with your cell phone.



Source: www.in2life.gr

Sounds a little scary? Maybe. But it is particularly beneficial for your health and your life, especially if you spend a lot of time in front of a screen.

Why is a Digital Detox necessary?

First of all, a digital detox will rest your eyes that are overly stressed by exposure to light and the irradiance of the screen, no matter if it is small or large.

Digital Detox

You can also relax and rest without being annoyed by constant noises and anxiousness of seeing what your new friends (real or just digital) have uploaded. This constant anxiety and overstimulation cause disturbances in sleep. Therefore, a digital detoxification will result in sleeping better and waking up revitalised, full of energy.

You will also have the opportunity to improve your relationships with people around you, your family and friends. Personal contact and conversation, a walk, an activity you share with them, will bring you closer. A digital detoxification is the ideal thing to do together with friends, your family at the same time! So no one will be distracted.

You will find that the purity of your thoughts will increase. It will increase the ability to concentrate, and you will be able to see things from another perspective, to put some issues in order, perhaps to find a solution to something that has been of your concern for a long time.

And if your job requires constant contact with the digital world, a break won't put you at a disadvantaged position. On the contrary, it will fill you with power. For example, if you decide to take a weekend of detoxification, you will find that on Monday you will have more mood and more energy in your work. You'll be more creative.

What digital detox has got in store for you:

- The detox will help you sleep better
- Your eye health will improve
- Your productivity will increase
- It will boost your connection with family and friends
- Digital Detox will improve your posture
- Digital Detox will fight obesity

Internet Addiction

Internet addiction is a relatively new form of addiction, which is under consideration by the scientific community to delimit since Internet reliance is not yet a clinical entity that we encounter in psychiatric textbooks. This form of addiction defines as "engaging in the Internet to get a sense of satisfaction that is accompanied by an increase in the time spent ."

Reason



Source: www.in2life.gr

The Internet can meet specific psychological needs of a person. One of the attributes of the means that arises from its nature is that it can create an "ideal state of their self" where the individual can explore various aspects of his personality without any limitations or consequences.

There are no immediate consequences on the Internet; the user can get in and out whenever he wants and can cover any external appearance since there is often no visual contact.

At the same time, the teenager can embody different roles, or adopt different identities depending on the Internet experience, because of the anonymity that is primarily a feature of the Internet.

Usually, children experiencing the problem of addiction on the Internet are boys and children who grew up in stressful situations (dysfunctional families).

Adolescent addiction on the Internet may also be the result of other mental disorders such as depression, anxiety disorders, personality disorders, hyperactivity and social phobia.

Symptoms

Symptoms of withdrawal syndrome such as psychomotor stimulation, involuntary or involuntary fingertip typing, anxiety, obsessive thinking about the Internet and dreams about the Internet:

1. Excessive time and money consumption in web-related activities (software, hard disks, etc.)
2. Decrease of the person's functionality at social, family and personal levels.
3. Reduced performance at school due to many hours the teen spends on the Internet.

4. In advanced cases, the teenager does not sleep, neglects personal hygiene, can even stop school.

5. They are also separated from their family and friends, become aggressive; they can steal money



from their parents to play internet games.

Source: www.in2life.gr

6. Finally, they reach a point where they do not eat or the opposite (thicken).

This phenomenon may occur in adolescents during early puberty (10-14 years) or even younger. It is more common in adolescence (15-17 years), during which adolescents experiment and gradually become autonomous as well as during late puberty (>17 years). Most addicted teens play "games" at home or Internet café. Also, warnings about Internet addiction may be the following:

Psychological symptoms:

- Feeling euphoric as being on the computer.
- I am unable to stop the activity.
- I am searching for more time on the computer.
- I am neglecting family and friends.
- I am feeling empty, sad and irritable when not being on the computer.
- I am lying to family and friends about activities.
- I am facing problems with work and school.

Body Symptoms:

- Eating disorders.
- Sleeping disorders and changes in sleeping habits.
- Musculoskeletal disorders (e.g. scoliosis).
- I have reduced athletic activity.
- Dry eyes - myopia.
- Migraines.
- Negligence of personal hygiene.

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How to reduce overusing the phone



How to reduce overusing the phone

Shakespeare has very wisely said:

"There is nothing either good or bad, but thinking makes it so."

Similarly, mobile phones themselves are neither good nor bad; however, how we use them makes them good or bad. When users over manipulate such devices, they can unconsciously create stress.

People are well familiar with the word of stress, but this technology user can also create another kind of stress called "Technostress".

In 2007 Technostress was recognised as an occupational disease following a prosecutor's ruling added the Court of Turin, Raffaele Guariniello.

The complex mechanisms generated by technological innovation has led to changes that help to trace the signs identifying the technostress risk:

- Constant use of the smartphone even in social gatherings;
- The subject never turns off the phone;



How to reduce overusing the phones

- Very frequent nocturnal awakenings to connect to Social platforms;
- The instinct to call in private places (cinemas, libraries etc.);
- Writing messages while on the move;
- The TV is primarily used on the tablet or mobile phone.



The absence of adequate technostress prevention mechanisms for youth can lead to undesirable consequences, not in line with anticipated benefits. In health issues, users should adjust their behaviours on smartphone usage. Such inappropriate behaviour can lead to many problems such

as ergonomics concerns in lighting, noise, and posture.

These factors can contribute to developing psychological pressure.

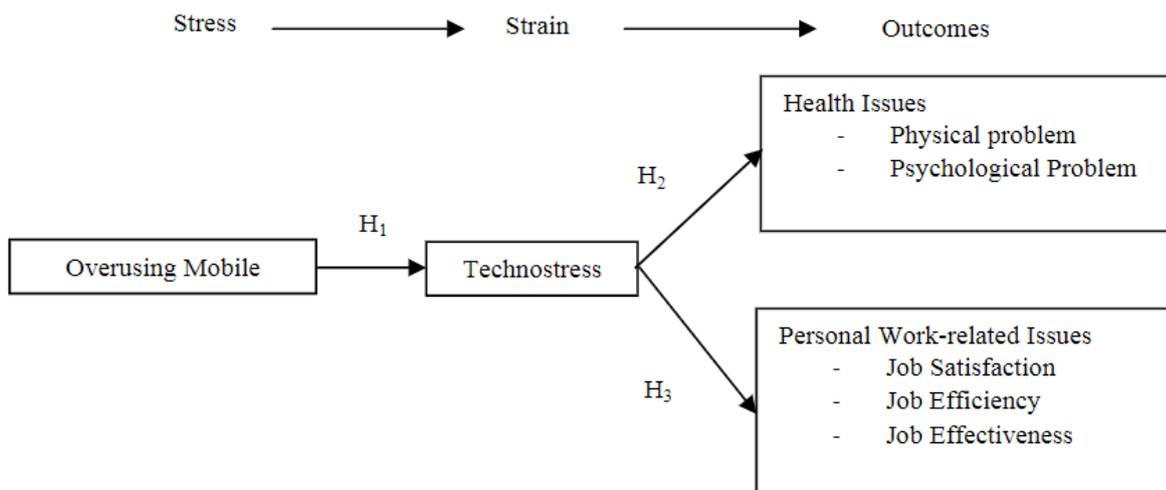


Figure 1. The conceptual model of technostress

The symptomatology has a subjective component, and each person may develop specific symptoms or not. It is what generally happens in reactions to stress, which affect not only external elements but above individual items that are defined in the literature as "subjective factors". These factors intervene in the reaction process but are not bound to any external part. Out of these subjective elements, it is possible to work on prevention activities by speaking on the emotional aspects that "respond" to the stressful events.¹

Furthermore symptoms attributable to those caused by the so-called "electrosmog", or excessive exposure, during day and night, to electromagnetic fields emitted by electrical appliances, routers and Wi-Fi modems, smartphones, tablets and PCs.

The Technostress in an advanced stage is responsible for many repercussions, both at the working and relational level. Amnesia and memory disorders can occur at work, and this is associated with increased absenteeism, lack of motivation and loss of professional effectiveness. The symptoms caused by technostress often coexists with other psychological and physical phenomena such as the syndrome of burn-out and hereditary disorders from workaholism. These conditions are not diseases but represent an important psychosocial risk factor. There is evidence that these factors can lead to serious health consequences and produce in subjects certain diseases.

1

Danon M. Stop allo stress. Urra-Apogeo, Milano 2012.

How to reduce overusing the phones

For this reason, the stress derived from technological dependence, which is still an underestimated phenomenon, is diagnosed in a late stage, often after serious events related to health such as heart attacks, for which is prescribed a long rest period away from work.²

Consequence management involves the implementation of prevention strategies, training and measures for the control of the symptomatic load. Remedies available for Technostress are those that cause the mental and physical relaxation and interruption, for some portions of time, the digital stream through:³

- psychological techniques (Neuro-linguistic programming, concentration exercises);
- holistic techniques (yoga, acupuncture, meditation);
- sports techniques (sport and walks in contact with nature);
- regenerative procedures (natural food, use of herbal medicine, homoeopathy, naturopathy).

In the schools or workplace, it is crucial to provide a reorganisation of work and a proper distribution of the work-load in compliance with timetables and extra-working spaces.

Mobiles have become a source of significant distractions for the students. Young boys and girls seem to have become inordinately

2

Pucci E, Cristina S, Antonaci F et al. Technostress and primary headache: psychosocial risk. *J Headache Pain*. 2015 Dec;16(Suppl 1):A147.

3

Di Frenna E. Tecnostress. Le 10 cose da sapere per affrontare il rischio nel lavoro digitale e imparare a valutarlo, 2015. Ebook available at www.netdipendenzaonlus.it/landing-tecnostress/ebook-tecnostress.html. [accessed January 22, 2019]

How to reduce overusing the phones

They are addicted to these sites. They are thoughtlessly and uselessly wasting their precious time on these useless sites.

Radiation caused by microwaves emitting from network towers as well as mobile phones, eyesight getting affected due to exposure to mobile screen for hours, etc. are some of the health issues. Besides, mobile phones are also responsible for the difficulty in concentration, fatigue, headaches and sleep disturbance that can further trigger health complications. Owing to late night use of mobile phones, the youngsters skimp on sleep, which also causes health consequences. It has made them aggressive and irritated.

The other major disadvantage of the increasing use of such networking sites is the spread of obscenity, that is having a very negative impact on the impressionable minds of our young children and leading them astray. The parents, teachers and the government must look into the problems being caused by mobiles and these networking sites and must formulate a strategy either to curb or completely stop its fast-growing negative influence on the minds of our youth.

Nomophobia is everywhere!



How to reduce overusing the phones

The term is an abbreviation for “no-mobile-phone phobia,” which was coined during a 2010 study by the UK Post Office. The Post Office commissioned YouGov, a research organisation, to look at anxieties suffered by mobile phone users.

Nomophobia also called “the disease of the XXI century”, is the irrational fear of being without a cell phone. It is a disorder suffered by half of the population. It occurs due to by the unreasonable dependence on these devices that generates a feeling of anxiety in the user to feel cut off from the outside. Today, a full 66 per cent of all adults suffer from “nomophobia” and tend to be anxious when they “lose their mobile phone, run out of battery or credit, or have no network coverage.”

Nomophobia is a term describing a growing fear in today’s world — the fear of being without a mobile device, or beyond mobile phone contact.

Among today’s high school and college students, it’s on the top. An increasing number of college students now take a shower with their cell phone. The average adolescent would rather lose a pinky-finger than a cell phone — a growing percentage text or tweet instead of talking to others. A good strategy for reducing of overusing of mobile phones should also include the approach so-called “Going on a Cell Phone Diet”:⁴

4

m.wikihow.com/Beat-an-Addiction-to-Cell-Phones#/Image:Beat-an-Addiction-to-Cell-Phones-Step-1-Version-4.jpg. [accessed January 21, 2019]

How to reduce overusing the phones

1. **Monitor your cell phone use.** According to one study, college students may spend 8-10 hours per day on their cell phones;
2. **Create a plan for your phone use.** Limit your cell phone use to certain times of the day. You can set the alarm on your phone to alert you when you have reached your maximum time;
3. **Offer yourself rewards for less time spent on your phone.** This concept is called positive self-reinforcement, and it is used in therapy to teach individual positive behaviour through the use of a reward system;
4. **Start slow.** Instead of going cold turkey and ultimately eliminating your cell phone use (which can be very anxiety provoking), begin by progressively reducing the amount of time you spend checking your phone;
5. **Put your phone away.** Put your phone somewhere where you will not see it. Turn your phone on silent mode when you are at work, study or anywhere else, so it won't distract you;
6. **Take a cell phone holiday.** Cut cell phone use out of your life entirely for a short period such as a weekend;
7. **Change your phone settings.** There are settings on your phone that may alert you every time you get an email or Facebook notification. Make sure you turn these off;
8. **Change your thinking about your cell phone.** Changing your thoughts may help alter your emotions and behaviours. In other words, if you change you can feel better and use your

cell phone less;

9. **Focus on the here-and-now.** Mindfulness, the art of being aware, can help you become centred and possibly reduce the impulse to engage in cell phone use.

Alternatives to using your cell phone:

- **Understand your triggers to phone use.** Triggers are your feelings and thoughts about a situation that leads to a particular behaviour (cell phone use). Learning why you are urged to use your cell phone can help you develop alternative options;
- **Engage in other mood-boosting activities** such as exercise/sports or creative activities such as writing or drawing;
- **Keep busy!** If you have a specific plan for each day and you are focusing on your responsibilities, you will have less time to spend on your phone. The bonus is that you will spend more time focusing on your goals and being productive.
- **Redirect your attention** by doing something constructive. Make a list of tasks that do not involve your phone and any time you have the impulse to check your phone, stop and gently redirect your attention to your responsibilities.
- **Accomplish everyday tasks differently.** Instead of blasting your photos on Instagram, invite a family member over and

How to reduce overusing the phones

physically show them your memories. This type of connection may increase quality intimacy.

- **Replace your habits.** Think of each reason you use your cell phone (games, texting, phone calls). Some of these habits may be necessary to your work and daily life (perhaps work emails, etc.), while others could be disrupting your life if they take away from your regular interactions and responsibilities. Attempt to replace each of these disruptive habits into more productive, social, and quality experiences.

Our youth is the future of humankind.

We cannot allow this youth to waste their precious time on mobiles doing Facebook. The same time must be spent on studying, researching and developing leadership or other life-skills. It is our moral duty as well as responsibility to lead our youth on the right path and teach them to make the best use of these wonderful gadgets to improve themselves only.

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How to spend
time online
effectively

How to spend time online effectively

The Internet is a useful tool which is daily used at school, work, home for different reasons. But spending too much time online or using Internet ineffectively can easily affect productivity and negatively influence life.

Often, the Internet is used without any purpose or intention, which leads to a waste of time. Therefore it is advised to prepare a strategy or plan for how to spend time online effectively.

For most people, it might be difficult to imagine or is not really wholly avoid the use of the Internet. However, it is possible to manage and organise the time spent online or regulate habits.

There is a simple rule to follow:
be productive while spending time online

What about learning something new?

There are many websites and applications which provide free courses on a multitude of topics and skills area. Following websites is an excellent source of knowledge you might check.

Duolingo

It is currently the best-known way to learn languages online. With Duolingo you learn any time, anywhere. You can choose from over 20 languages, including English. If you already have the basics of the language but want to continue, you can do a Duolingo test, and the server will automatically place you on the level you belong to. You can set up daily goals, do quizzes, learn vocabulary or just grammar, adjust the lesson as you like it. Best of all, Duolingo is already available as a mobile app.



source: www.duolingo.com

Lumosity

It is a web page that focuses on the brain. It contains a lot of games to keep the mind in shape. After signing up, you have access to personal statistics, a calendar, and the so-called Lumosity performance index, which will show you how much you are in terms of speed, memory, attention, problem-solving, and flexibility. Each day you can have brain training designed by the app, or you can choose the games you want.



source: www.lumosity.com

MOOC (massive open online courses)

World universities began offering online courses that would otherwise be available only to their students. On some sites, you even get a certificate to participate. You can choose classes according to what you are interested in. Some of you will also receive tasks such as writing a short essay on a topic. Course lengths vary, mostly from six weeks to three months. Items that are taught online are diverse and cover all project management, finance, natural sciences, personal development, languages and humanities. The best known is Coursera, which offers more than 2000 courses from nearly 150 institutions from 29 countries of the world.



source: www.coursera.org

Open edX

Open edX is the open-source platform which offers over 2.000 online courses. Initially founded by MIT and Harvard University, it is now offering courses from Princeton, the University of Oxford, Georgetown, Imperial College London, or sequences in French from Sorbonne Universités. MIT Open Course Ware is a free and open publication of material from thousands of MIT courses, covering the entire MIT curriculum.



source: www.edx.org

TED Talks

While spending time online, you can also get inspired by the great world's thinkers and doers who are challenged to share their life's story. Just visit TED Talks and search the topic of your interest. TED Talks can help you broaden your horizons. After watching the talks, you might shift your perspective, explore what's possible and find your potential.



source: www.ted.com

Tips to be productive while being online

1. **Get your routine.** The routine sounds excellent, but it works. By getting used to it, you will help with greater efficiency and efficiency. Create basic rules for checking emails, working with documents, or even with colleagues.
2. **Combine similar obligations.** The brain learns to perform complex tasks by combining them. So plan related duties one by one.
3. **Take a break.** Writing or planning is very mental, and our brain can concentrate only for a limited time. That's why it's so important to take a break and let the brain rest. Take a walk or talk to colleagues. It will bring you to it.
4. **Do not do more things at once.** The brain has many, but multitasking or fast transitions from task to the task are not its

How to spend time effectively online

strong side. You do not concentrate entirely on anything, which increases your likelihood of forgetting something. You'd better focus on one duty at a time.

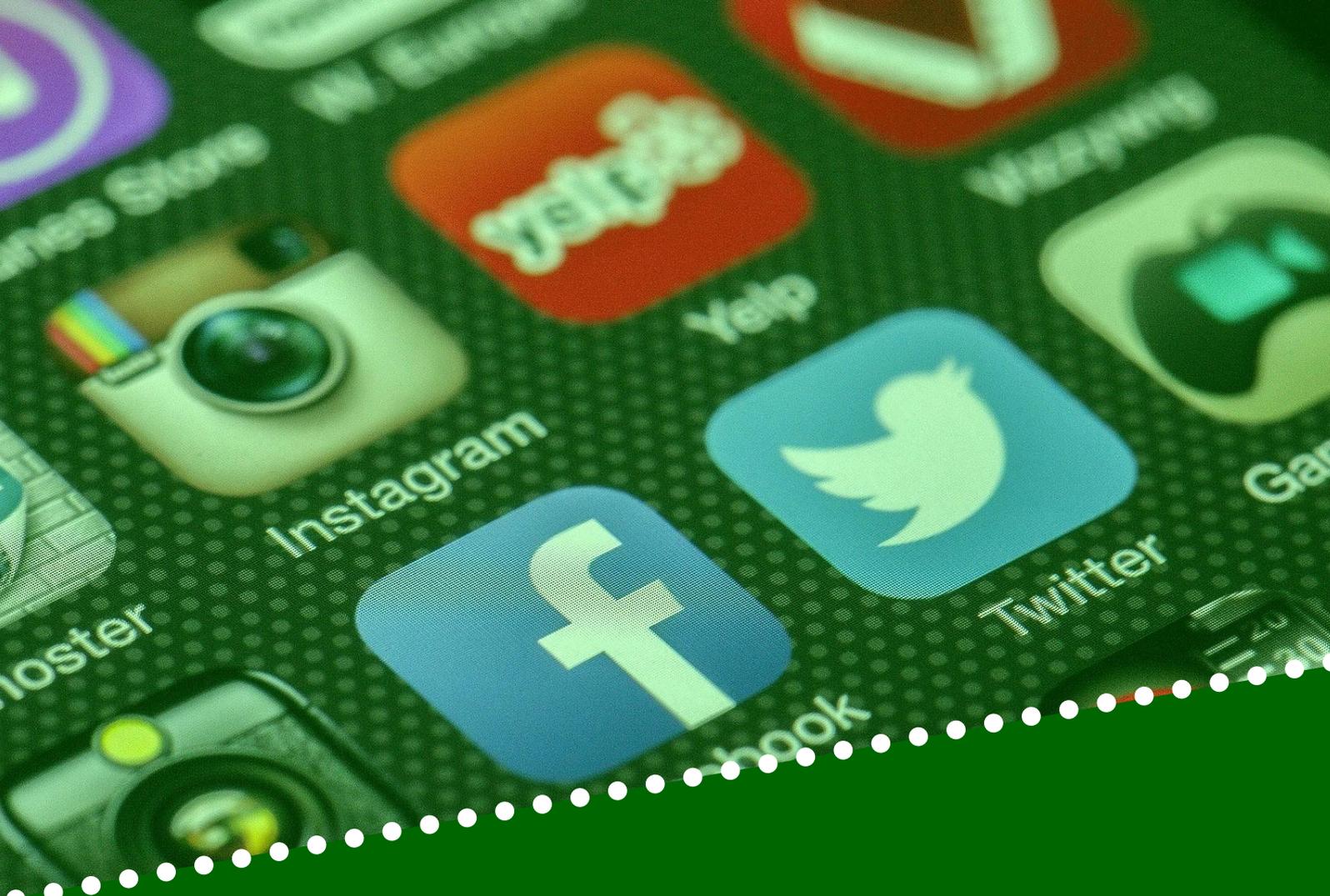
5. **Clean your mind every day.** When your brain continually comes up with new ideas, what else do you have to do, write down the clutter of thoughts on paper? First, you can clean your head and then increase the likelihood that nothing you think about will forget and you can focus on it later.
6. **Do joyous routine duties.** One of the reasons why people are procrastinating is that their specific task appears dull and have a problem motivating them to meet. But you have to do these things anyway, so it's better to make them more comfortable. Listen to your favourite music; try to work in a new environment - organise team meetings in the park or during a good lunch.
7. **Procrastination is a tool for better performance.** Believe it or not, but procrastination is not an enemy of productivity. It sends an important signal. If you are procrastinating, try to find out why. Is your plan not perfect yet? Is the task at work for completion? Is the project inconsistent with your goals or competencies? Use the information to build a schedule of tasks and focus on the essentials.

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Applications
to help you
regulate your
time online

Applications to help you regulate your time online

How often do you sit down to a computer for a specific purpose, wake up after a few hours, and it turns out that you have not started yet? How much time you spend online on one particular task, and how much time you waste on browsing, what comes under... mouse cursor? How productive can you be on the web? Are you browsing through the content you have selected yourself?

Here are a few words about contemporary dilemmas. Reading - sit down better - will sound familiar.

The Internet is used by almost everyone. A barrier can be mainly access to the network and the level of advancement in moving on the Internet. Everyone, however, can create and share content, which is then attacked by our minds. Information reaches us from many sides. When we enter the information portal, there is a banner encouraging us to buy new equipment. Then out of curiosity we enter it, after a short time we go back to the main website. Then we move with the cursor to dig into the article we are interested in... and.... here is a pop-up with an advertisement for a new cash loan, which is very much needed for new computer equipment, which was shown by an earlier banner. Just in case we read about credit terms and conditions. After finishing the article, we will get

to another website with the information about a new virus (extremely dangerous in our part of Europe – so we read about it to avoid danger), another pop-up, this time offering us a two-week trip to Thailand for a penny, it is not a good idea not to go to the site to get acquainted with the offer. It turns out that the given price is only the price of two-way flights, but we are interested in it to such an extent that we decide to check what is interesting in Thailand (and where it lies), so we open a new tab and search for pictures. Google suggests that it is beautiful, we decide to check the hotel, we open the appropriate page, and the content suggests that it would be also useful to rent a car, so we start to check a suitable offer. . . And so on and so on. It got already dark outside the window, we did not buy anything, we did not take credit, and the virus turned out to be harmless. During the last 5 hours, you delivered content to your mind that you did not plan to reach at all, including the blind screening of social media. You realized that there had been four such evenings last week. Are you aware of this phenomenon?

We know the Internet provides lots of additional contents. So how to deal with those which come to us? How to avoid what we do not need? And how to deal with the specific task we have chosen?

Much content placed on the Internet is unnecessary for us; this phenomenon has led to the creation of tools designed to minimize this lack of productivity. Below are examples of applications that

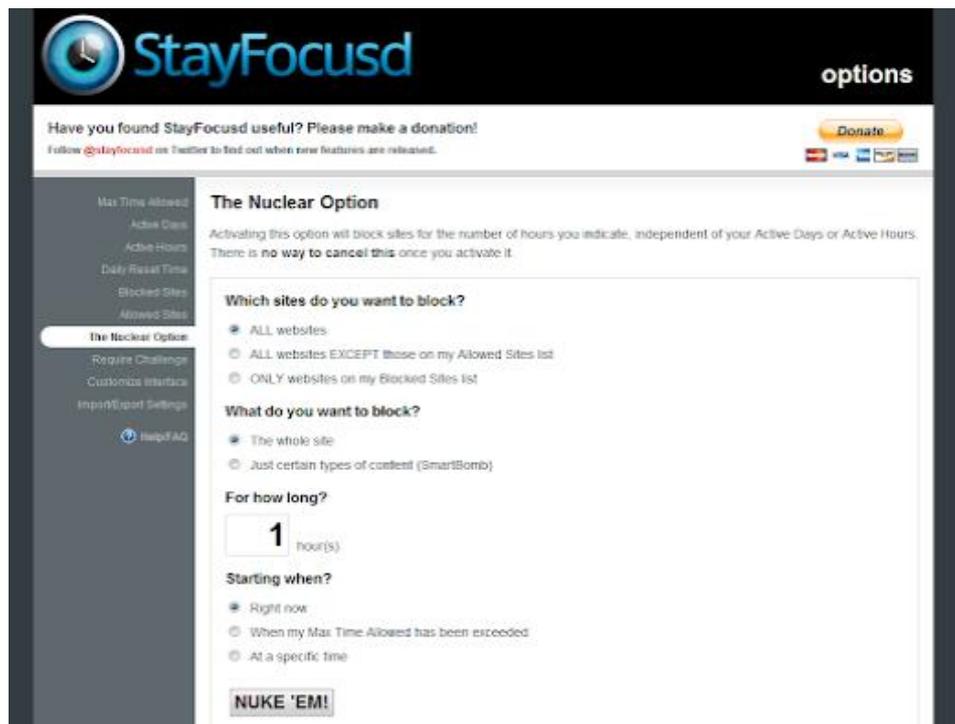
can help you both in selecting the content you are browsing and in minimizing your time spent on the web.

Ready to increase your effectiveness?

Here are some tricks.

StayFocused

So what? That is an extension to Google Chrome that allows you to limit the time to selected pages. Depending on the set time, you will not be able to enter the website. The solution can work to a large extent if you decide to block the social media you do not need for the moment, which never ends up scrolling down.



Source: <https://chrome.google.com/webstore/detail/stayfocused/laankejkbhbdhmpfmgcngdelahlfoji>

The message that awaits you when you enter the site despite the blockade looks like:



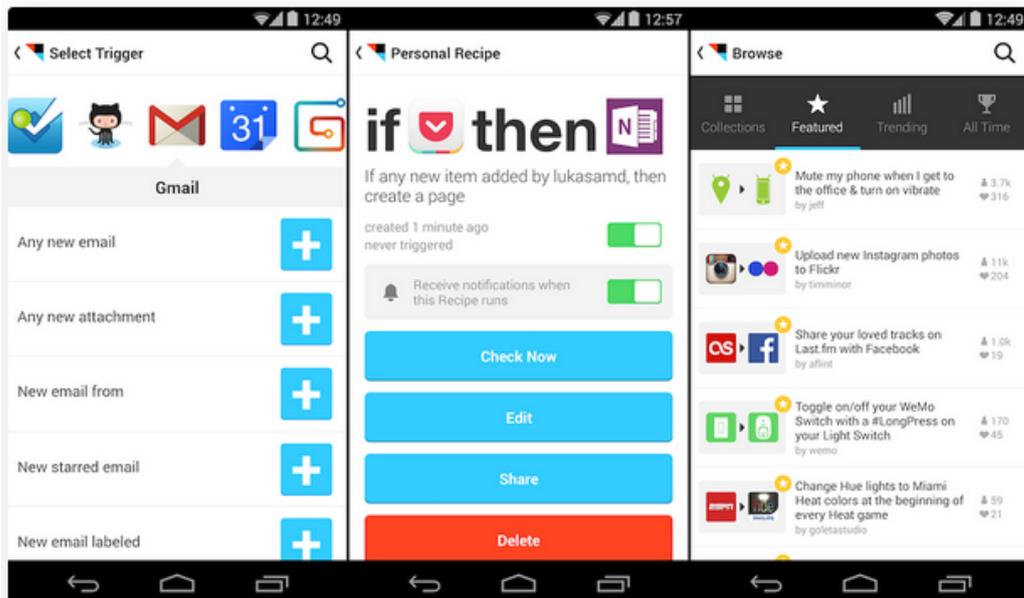
Source: <http://www.senseqblog.com/2010/12/stay-focused-with-stayfocusd/>

If this then that – IFTTT

Sounds (not) Familiar? If something happens, do that. So it is simple! The application allows you to automate certain activities that you perform every day on the Internet or mobile devices. Since some things can be automated, there is no need to remember them or spend time doing them. If you want to improve the flow of information and save time by clicking on each subsequent application to perform exciting activities, IFTTT can help you in this.

The strength of IFTTT is the integration between applications. It means that if you use Gmail, Google Drive, social media or other activities, you can automate some of the simple steps.

Applications to help you regulate your time online



Source: <https://ifttt.com/>

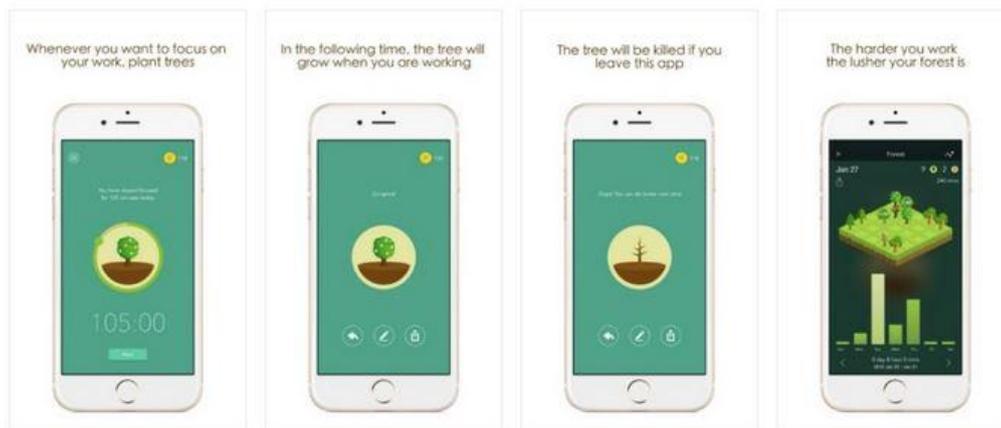
IFTTT supports six channels for Android (device settings, location, notifications, SMS, calls and photos) and a range of external services such as Blogger, Evernote, Facebook, Gmail, OneDrive, Twitter and Instagram. As a result, it is possible to create automated tasks, e. g. If you, as a user, take a picture with your phone, you will automatically send it to Instagram. Alternatively: you can automatically mute your phone within a location, e. g. At school or at work (you also want to be productive here;). There are many more such functionalities. Also, all data is synchronised between multiple devices.

Forrest

The "Forrest" application will allow you to grow a beautiful forest. The forest has only one unique feature; the trees grow in it only

when you do not look at the phone.

The principle of this application is simple: each tree grows for 30 minutes. If you look into your phone before this time, the plant will dry out. The bigger the forest, the more special moments when you focused on something more important than looking at the screen of your phone pointlessly. Sounds like a difficult task? Rather impossible? Test yourself. Perhaps it is Forrest that will save you time (which so far you spent online).



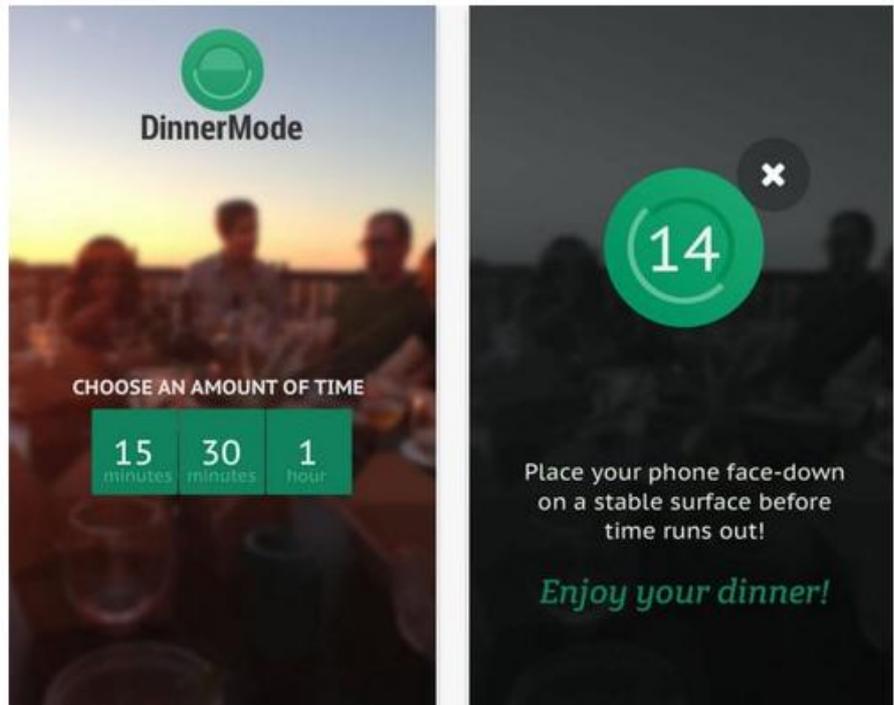
Source: <https://www.gsmmaniak.pl/636618/dzien-bez-smartfona/>

Rescue Time

Rescue Time is a web-based application which task is to track and analyse your actions on the Internet (works with Chrome). Rescue Time will honestly tell you how much time you spent browsing social media and how many hours you were productive. What is more, this app makes it easier to set goals and shows trends during the day. In combination with a proper planning application, its strength is almost deadly. Will you dare to try it?

Dinner Mode

Dinner Mode is a simple iOS application where you can select 15 minutes, 30 minutes or 1 hour during which you have to put your phone down with the display to avoid using it completely. As a reward for the endurance without a phone, you can boast about the result on Twitter. The application is designed to force the phone to be put aside for a previously selected time. It will allow you to spend more productive time - this time not online.



Source: <https://itunes.apple.com/us/app/dinnermode/id921581588?mt=8>

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