

# Digital Detox: A Prescription for Nursing Well - Being

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**Abstract:** *In today's hyper - connected digital age, the need for a digital detox is increasingly evident, especially for healthcare professionals like nurses who are constantly immersed in technology. This article explores the significance of digital detox for nurses, shedding light on the detrimental effects of prolonged technology use on physical and mental health. By highlighting the scientific benefits of disconnecting from screens, such as reduced stress, improved sleep, enhanced mental health, better relationships, boosted self - esteem, increased productivity, and improved physical health, it underscores the importance of prioritizing one's well - being. Practical tips for implementing a digital detox, including setting boundaries, designating tech - free zones, scheduling screen - free time, engaging in offline activities, and practicing mindfulness, are provided to help nurses strike a healthier balance between technology use and personal well - being. Ultimately, this article emphasizes that taking time to unplug is not a luxury but a necessity for nurses to lead healthier and more fulfilling lives while setting an example for their patients and colleagues in the digital age.*

**Keywords:** digital detox, healthcare professionals, nurses, technology use, well - being, mental health, productivity, screen - free time, mindfulness, balance

## 1. Introduction

The virtual world is close by no matter where we are. We can always be connected to wireless Internet, computers, tablets, and smartphones.<sup>1</sup> The concept of a digital detox has grown in acceptance as a result. For people of all ages, setting aside time and space for frequent electronics detox is crucial.<sup>2</sup>



The idea of a "digital detox" may seem odd in today's fast - paced, technologically advanced society, but it is crucial, especially for nurses. It is vital that we put our own physical and emotional health first as healthcare professionals committed to the welfare of others.<sup>3</sup> The need of digital detox for nurses is discussed in this article, along with some helpful advice on how to strike a healthier balance between technology use and personal wellbeing.<sup>4</sup>

### The digital age and nursing

Electronic health records, smartphones, and communication tools have progressed alongside technology and are now an essential element of nursing professionals' everyday tasks. The distinctions between work and personal life have become hazier even while these tools have enhanced patient care and simplified processes.<sup>5</sup>



### Meaning of digital detox

A digital detox is a period of time during which a person abstains from utilising tech products, such as social media, televisions, computers, tablets, and smartphones.<sup>3</sup>

Many people believe that "detoxing" from digital devices will help them concentrate on social interactions in person without being distracted. People can let go of the stress associated with continual connectivity by momentarily putting down their digital devices.<sup>6</sup>

A digital detox also gives you time to experience nature, exercise, and develop mindfulness. Regularly unplugging enables us to keep a healthy balance between our IRL (in real life) and digital lives. A digital detox is ultimately a technique to disconnect in order to reconnect.<sup>2</sup>

### Need of Digital Detox

While many people believe they couldn't live without their technological devices, studies and surveys have shown that technology use can also increase stress.<sup>7</sup> Because of technology improvements, connectivity is now more accessible than ever, but there may be a cost.<sup>8</sup> Research study conducted in different parts of India found that 67 % participants had negative behavioural changes.<sup>9</sup>

- Your ability to sleep is disrupted when you dwell on the news or online conversations.
- Excessive use of social media and mobile devices has been linked to eye strain, trouble focusing on other tasks, and depression.
- Keep a gadget on you at all times.

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- Difficulties maintaining constant focus on daily tasks.
- Long - term cell phone use has negative consequences on wellbeing.
- There have been reports of physiological impacts such as headaches and musculoskeletal problems.
- There are psychological problems such as depression and changed cognitive behaviour.



**10 Scientific Benefits of Digital Detox for Nurses**

**Reduced Stress**

Stress can be brought on by constant notifications and information overload. We may relax and relieve tension by cutting off our screen time.

**More Time for Yourself**

Indians spend an average of 4.7 hours on their phones per day.<sup>1</sup>

**Promote Healthy Sleep Habits**

Our sleep cycles may be disturbed by the blue light that screens emit. A digital detox before night can promote deeper sleep.

**Improve Mental Health**

People who use social media frequently report feeling depressed and feeling resentful of their friends' lifestyles.

Additionally, studies have linked using a smartphone to feelings of isolation, shyness, and decreased job engagement.

**Better Relationships**

Spending less time on screens allows us to connect more deeply with our loved ones and colleagues, fostering better relationships.

**Boost Self Image and Self Esteem**

Digital detox has significant negative consequences on self-esteem. Constant exposure to the virtual world can cause self-perception distortion, feelings of inadequacy, and social comparison. We may concentrate on our own journeys, honour our own selves, and create a better connection with technology by taking a break from it. It gives us a chance to rediscover our passions, build our self-worth, and promote a positive self-image.

**Boost Productivity and Creativity**

By enhancing focus and concentration, taking breaks from screens paradoxically increases productivity.

**Improve Physical Health**

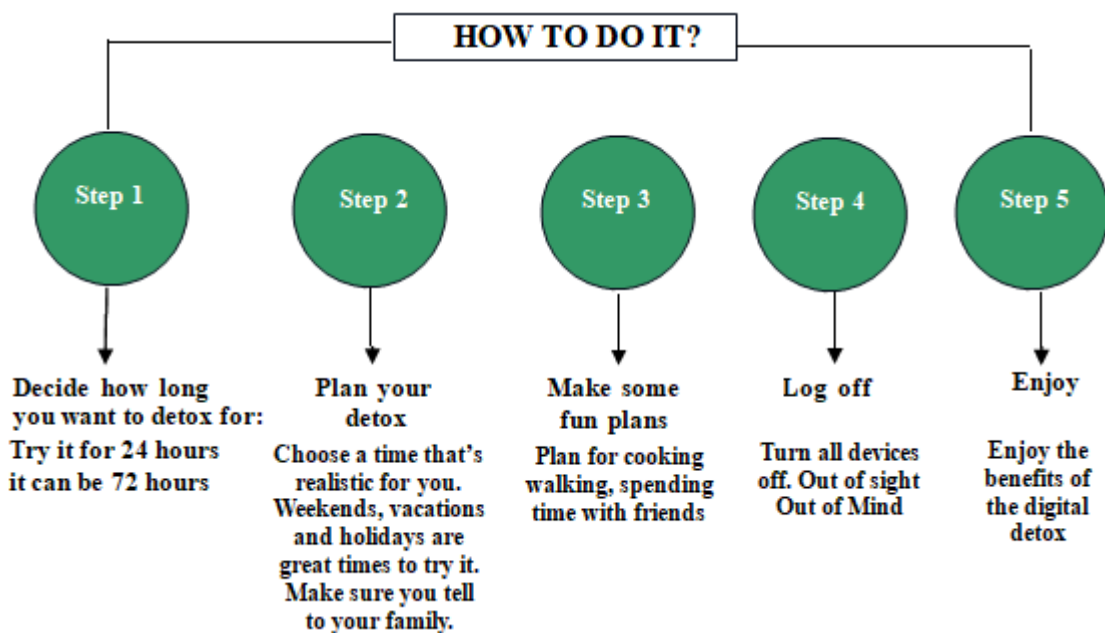
You may give your eyes a much-needed rest with a digital detox. By bending down and spending extended periods of time staring down at a mobile device, text-neck syndrome, which can result in neck pain, may be avoided by taking a tech break.

**Increase Attention Span**

Digital detox increases the attention capacity of the nurses.

**Reinforce Solving Analytical Skills**

Instead of attempting to recollect information on their own, nurses are increasingly delegating their thinking to technology.



### Practical Tips for Digital Detox

#### Set Boundaries:

Set up clear boundaries between your personal and professional lives. During your off - hours, turn off any notifications from work.

#### Designate Tech - Free Zones:

Make areas in your homes that are screen - free so you can relax.

#### Schedule Screen - Free Time:

Set aside specified times each day when you won't be using a device, such meals or right before bed.

#### Engage in Offline Activities:

Engage in screen - free hobbies and activities such as reading, hiking, and creating.

#### Practice Mindfulness:

Stress caused by screens can be reduced with mindfulness meditation. Think about including mindfulness in your daily activities.



## 2. Conclusion

While it is our passion as nurses to care for others, we must also put our own needs first. Our wellbeing requires a digital detox, which is not a luxury. We can lower our stress levels, get better sleep, and improve the quality of our lives overall by establishing limits and embracing screen - free times. Let's set an example for others to follow and demonstrate to our patients and coworkers the value of maintaining a healthy balance in the digital age. Also important is your health.

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