

## Digital detox leads to better health and lifestyle

14th March, 2022



Digital devices are increasingly dominating our lives these days. Many, if not most of us are addicted to them. New studies emerge with alarming frequency about the dangers to our physical and mental health of being glued to our small screens.

Children are not exercising; people are worrying about their body image because of online pressure from "perfect body" sites; and people are being bullied (or worse) by cyber-criminals. In a study of 1,000 adults in Japan, researchers discovered that nearly 50 per cent of the participants were addicted to their smartphones, but were unaware of their smartphone dependence. The study is one of many clarion calls for "digital detox" to become part of our lives.

The practice of digital detox involves switching off from the Internet to enjoy something called "real life". This involves the bygone custom of conversing with people face to face and "doing everyday stuff". The organisation Digital Detox Japan said: "We want detox to be a catalyst for people to rethink their distance from their devices...to set aside time to get ample rest." People need to rely less on devices to avoid the new phenomenon of "nomophobia" - NO MOBILE PHOBIA. Psychologist Dr Kia-Rai Prewitt warned of the dangers of being too absorbed in smartphones. She wrote: "If you ignore responsibilities at home or work because of the amount of time you spend online, then consider a digital detox."

Sources: [kyodonews.com](http://kyodonews.com) / [clevelandclinic.com](http://clevelandclinic.com) / [smh.co.au](http://smh.co.au)

### Writing

Lifestyles would be better without digital devices. Discuss.

### Chat

Talk about these words from the article.

digital devices / addicted / mental health / glued to screens / bullied / smartphone / detox / real life / custom / catalyst / distance / phenomenon / responsibilities / time

### True / False

- 1) The article says over 80% of us are addicted to smartphones. T / F
- 2) There is a problem with the glue used to make smartphones. T / F
- 3) A study of 10,000 people found a third of people hated smartphones. T / F
- 4) A study suggested digital detox should be part of our lives. T / F
- 5) Digital detox is switching the Internet off to enjoy real life. T / F
- 6) The article suggests conversation is on the decline. T / F
- 7) There is a phobia whereby people fear having no phone access. T / F
- 8) A psychologist said digital detox is dangerous. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                      |                |
|----------------------|----------------|
| 1. <b>dominating</b> | a. spark       |
| 2. <b>alarming</b>   | b. persuasion  |
| 3. <b>pressure</b>   | c. reliance    |
| 4. <b>unaware</b>    | d. preoccupied |
| 5. <b>dependence</b> | e. worrying    |
| 6. <b>involves</b>   | f. disregard   |
| 7. <b>bygone</b>     | g. ignorant    |
| 8. <b>catalyst</b>   | h. entails     |
| 9. <b>absorbed</b>   | i. controlling |
| 10. <b>ignore</b>    | j. past        |

### Discussion – Student A

- a) How do digital devices dominate our lives?
- b) What did we do before we had digital devices?
- c) How addicted are you to your smartphone?
- d) Would it be easy for you to leave your phone alone for 24 hours?
- e) Have digital devices affected your health?
- f) How can we stop cyber-bullying?
- g) What do you think of 'perfect body' websites?
- h) What advice do you have for people with a smartphone addiction?

## Phrase Match

- |                                     |                           |
|-------------------------------------|---------------------------|
| 1. Digital devices are increasingly | a. conversing with people |
| 2. most of us are addicted          | b. frequency              |
| 3. New studies emerge with alarming | c. get ample rest         |
| 4. unaware of their smartphone      | d. responsibilities       |
| 5. clarion                          | e. dominating our lives   |
| 6. the bygone custom of             | f. dependence             |
| 7. We want detox to be a catalyst   | g. of "nomophobia"        |
| 8. set aside time to                | h. to them                |
| 9. avoid the new phenomenon         | i. for people             |
| 10. If you ignore                   | j. calls                  |

## Discussion – Student B

- What do you think about what you read?
- Why is being glued to a smartphone not 'real life'?
- Do you prefer talking face to face or over the phone?
- Should we leave our smartphones outside the bedroom?
- How can we help people with nomophobia?
- Would the world be better without the Internet?
- What would you do if you took a one-week break from digital devices?
- What questions would you like to ask the researchers?

## Spelling

- devices are increasingly nniaitodmg our lives
- most of us are ddeiadct to them
- emerge with alarming uryefqnce
- people are being eibudll
- 50 per cent of the tanpiitpcras
- nlarico calls
- the bygone custom of veiocnnsgr
- We want detox to be a sltactya
- set aside time to get lpema rest
- avoid the new eehonopnm
- yhpgslocsoti Dr Kia-Rai Prewitt
- the dangers of being too besdobra

### Answers – Synonym Match

1. i	2. e	3. b	4. g	5. c
6. h	7. j	8. a	9. d	10. f

## Role Play

### Role A – Smartphones

You think smartphone addiction is the worst addiction. Tell the others three reasons why. Tell them what is wrong with their addictions. Also, tell the others which is the least harmful of these (and why): chocolate, shopping or TV.

### Role B – Chocolate

You think chocolate is the worst addiction. Tell the others three reasons why. Tell them what is wrong with their addictions. Also, tell the others which is the least harmful of these (and why): smartphones, shopping or TV.

### Role C – Shopping

You think shopping is the worst addiction. Tell the others three reasons why. Tell them what is wrong with their addictions. Also, tell the others which is the least harmful of these (and why): chocolate, smartphones or TV.

### Role D – TV

You think TV is the worst addiction. Tell the others three reasons why. Tell them what is wrong with their addictions. Also, tell the others which is the least harmful of these (and why): chocolate, shopping or smartphones.

## Speaking – Addictions

Rank these with your partner. Put the worst addictions at the top. Change partners often and share your rankings.

- |               |                |
|---------------|----------------|
| • Smartphones | • Coffee       |
| • Shopping    | • Love         |
| • TV          | • Social media |
| • Chocolate   | • Gambling     |

### Answers – True False

1 F	2 F	3 F	4 T	5 T	6 T	7 T	8 F
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Answers to Phrase Match and Spelling are in the text.