Mental Health Support Team in Schools



Dimensions tool

Free online personalised self-care information & support for adults and children in Coventry & Warwickshire

# Tips For Wellness

# Digital Detox

Taking a digital detox is important to give our minds and bodies a break from screens and technology. Too much screen time can lead to tired eyes, difficulty sleeping, and feeling stressed or distracted. Stepping away from devices helps us to recharge, focus better, improve our mood, and spend more quality time with family and friends. It also encourages healthier habits like playing outside, reading, and being creative, all of which support overall wellbeing!

## Our tips for taking a digital detox:

1. **Set yourself clear limits for screen time -** Set specific time limits for screen time, such as an hour after school or 30 minutes of games or social media. Try setting limits on your device, or a visual reminder.
2. **Create Scree-Free Zones -** When you are eating meals with your family or friends, leave your phone or devices in a different room. This allows you to talk and enjoy your food without distractions and improves your quality of connections with others.
3. **Avoid screens at night -** Try to avoid using devices in your bedroom, most importantly for at least 30 minutes before bed. Keeping your bedroom a peaceful space can help you to fall asleep more easily.
4. **Do fun activities without screens -** Try drawing, playing a game with your family, playing a musical instrument or reading instead of your usual device. Spend time outdoors if you can!
5. **Take small breaks from screens -** After playing video games or watching TV for a while, get up and move around. Try to take short breaks where you move between rooms, stretch or walk around.
6. **Turn off notifications -** This can reduce the number of distractions and help you focus on what is important to you. You might even discover a new activity you enjoy!
7. **Find mindful alternatives -** Try meditating or doing breathing exercises to reduce feelings of stress, rather than screen use.

**In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.**

**MHST are available to support you and your school throughout the school year including term time and school holidays.**

**Please contact your school's Mental Health Lead for information and advice.**