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Digital Detoxing encourages us to “reframe our relationship to technology as the tool and not the driver of our lives”.

Taking a 'pause' from our digital devices helps us understand how we manage our technology or, more often than not, how it manages us.

Studies have shown that digital over-connectivity can also be responsible for causing symptoms of **depression, stress** and **anxiety**, due to the lack of real human connection.

Putting our digital connectivity on 'pause' is like switching ourselves **'onto airplane mode'** to allow ourselves the space to maximise our human potential.



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“creating a conscious platform for wellness in a digital world”



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In the **Digital Wellness Programme** we explore in an **interactive way** how to harness and maximise the **positive potential of tech** while finding new ways to **replace digitally dependent habits with positive, productive behaviours** that help us achieve the balance necessary for **enhanced digital wellness**.

We are living our lives through digital layer that is **changing the way we behave** and **replacing human behaviours that we have had for thousands of years** with **newly acquired digitally dependent habits**. It is easy to forget that when we are digitally connected to the world the world is digitally connected to us.

The question we have to ask ourselves is: **Are we living an iLife or a real life?**



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OFFLINE IS THE NEW LUXURY



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The Digital Wellness programme is a unique method developed by the founder of the **Digital Detox Company**, Orianna Fielding and a team of leading experts in the fields of **Psychology, Mindfulness, Neuroscience, Yoga** and **Creativity**. The programme combines all these disciplines as a series of **6 modules**, to deliver practical techniques and workable practices designed to address the problem of **digital overload** and its negative impact on our wellbeing and replaces them with new learned behaviours of **Digital wellness**.

The programme can be undertaken either as an **individual**, with a **group** or as a part of a **company's workforce**, to enable you to manage your digital landscape in both the work and home environments, in new and effective ways to create a life of **balance, productivity** and **wellness**.



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P E R S P E C T I V E



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The Digital Wellness programme is designed as a bespoke combination modules selected from the 6 pillars of Digital Wellness and is an **unplugged, in-person** and **immersive experience** offering a practical and workable '**take-away toolkit**' to encourage a return to **digital wellbeing**, inspire innovation and **maximise your human potential**.

4 pillars of Digital Wellness:

- **Digital Dependence** Understanding of the psychology of dependence
- **Digital Distraction** Exploring the applications of Mindfulness in the workplace
- **Digital Holistic Wellness** Mindfulness & Yoga micro practices to manage inactivity
- **Digital Expansion** through Creativity Unlocking innovative thinking by developing fine motor skills



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Digital Dependence

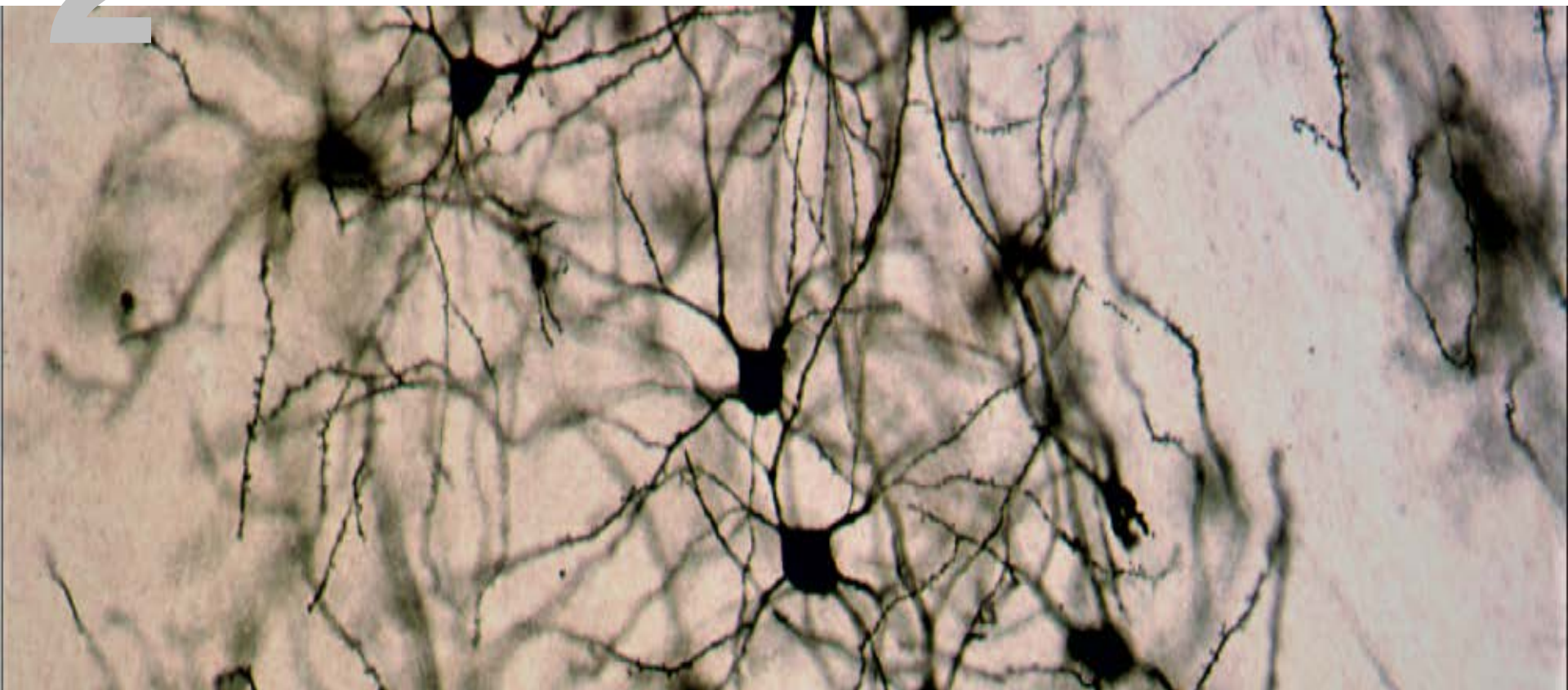
This module provides an understanding of the psychology of dependence by exploring the effects of digital overload. During the module she demonstrates how to counteract the effects of anxiety and stress caused by digital overload by identifying the psychological and emotional triggers that lead to symptoms of stress, depression & anxiety, and replacing them with learned behaviours of digital wellness.

- **Gain insight into psychology of habit formation.**
- **Looking at practical ways of reframing digitally dependent** habits and learning new wellness behaviours which lead to better performance and improved health, wellbeing and digital wellness
- **Develop an understanding of sustaining behavioural changes** to encourage a return to a more balanced and connected relationship with yourself and a healthier, more productive relationship with our digital devices.
- **Managing the culture of always 'on'.** Understanding that even in our instant gratification-focused society, being available all day isn't necessary. learning how to communicate when you're available.



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Digital distraction

Dr. Tamara Russell, Neuroscientist and Mindfulness expert demonstrates the neuroscience behind the damaging effects of using multitasking to cope with Digital Overload, which lead to a lack of focus and lack of productive work. This module provides effective behavioral solutions designed to increase focus and productivity through the practice of mindfulness to encourage presence, concentration and focus. *Digital overload causes our body to go into distress and release cortisol. **The brain cannot cope with more than one task at once- it begins to shut down** “Multi taking is a myth”*

Multi tasking damages productivity and leads to increased stress levels.

We believe ‘busy’ does not mean productive. and that “balance’ is the new achievement .

Mindfulness positively impacts on our Neuroplasty actually changing the shape of the frontal cortex. Mindfulness practices counteract the symptoms of multi tasking such as Digital distraction, lack of focus which can lead to attention deficit disorder by encouraging new practical and productive work practices

- **Attention Management vs Time Management**
- **Mindful communication techniques**
- **Restoring balancing in our digital connectivity**
- **Unitasking: adopting new linear working methods**
- **Understanding that how we are in the body is how we are in the mind**



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WHERE?



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Constant distractions are viewed as necessary part of our bandwidth but the time lost in checking digital communication takes on average 20% of the working week. It takes us 25 minutes to restore concentration and focus on the project at hand.

“Digital distraction takes us away from what matters, from the essential”. We fall under the spell of what George McKeown calls **“ the seductive siren of distraction”**

Digital clutter is as stressful as physical clutter. Trawling through a tsunami of daily emails, switching to social media and back to texting generates a soundtrack of digital noise to your life.

We multi task to try and cope with the daily avalanche of digital information. **Multi tasking doesn’t make you more productive. Multi tasking is a myth.** Our brains are not designed to do more than two things at once, Multi tasking, multi screening, texting and walking all make us less productive **been shown to lower our IQ by 10.**

Minimising digital distractions enables us to **refocus our attention on ‘being’** and maximizing our human potential and allowing space for human interaction.

2



YOU
HAVE TO
TAKE A
STEP
BACK
TO SEE
THE BIG
PICTURE



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“Balance is the new achievement, yet we wear busyness like a trophy”

‘Busyness can become an end in itself, a decoy mistaken productivity’

Communication technologies conjure self-fulfilling sensations of busyness by locking us into dopamine loops, checking social media or newsfeeds compulsively. **It is highly addictive and punctuates our days with distractions that make us feel as if we are doing more, even as we achieve less.’**

The notion of FOMO is closely linked to compulsive busyness. It’s underwritten by anxiety about what might happen to us if we miss out on the next opportunity.

The busier we get, the more we need to focus on creating space for micro-moments of self care in our daily lives.

In the words of the late great Wayne Dyer “We are human beings not human doings”



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Digital Holistic Wellness

The Digital Holistic Wellness Module explores how to counteract the physical effects of inactivity and extended sitting in the workplace. We have developed a series of Digital Wellness ‘bites’ which are taught by training the attention on the musculoskeletal and emotionally intelligent networks, this facilitates a disconnection from the digital layer that informs our lives and teaches us how to reconnect with the ‘essence’ of who we are and reconnect with our bodies. The use of all the data from mind and body and enables a holistic practice of digital wellness to be brought into the workplace.



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The Digital Holistic Wellness Module will include:

- A series of workable yoga and mindfulness exercises that can be practiced throughout the day in a workplace context to encourage mindful movement to counteract the damaging effects of extended sitting and general inactivity.
- *“Sitting is the new smoking”* Incorporating the 90/10 rule into the workplace to avoid the onset of chronic diseases.
- Incorporate some mindfulness in the body exercises prior to meetings for increased focus, clarity and productivity
- How the constricted posture of sitting looking at a screen or hunched over a digital device negatively impacts not only on our physical wellbeing but on our thinking . Sitting at a desk staring at a computer for hours on end is the fast track to back pain and eye strain and restricted thinking.

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[breathe]



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Would we allow our digital devices to power down to 0% battery and expect them to work- why do we ask the same of ourselves?

We can view unplugging as a daily opportunity to recharge the mind and reboot the body by factoring regular, structured, digital downtime into our lives.

We have to allow ourselves the space to legitimately unplug by creating a culture where tech-free time is valued and seen as fundamental to our wellbeing.

This enables us to focus on what really matters and gives us the opportunity to connect with the things that mean the most to us enabling us to be fully present and live in the moment.

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**YOU ARE
ENTIRELY
UP TO YOU**

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PAUSE.

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DISCONNECT
TO
CONNECT.



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Digital Expansion

Digital Expansion Through Creativity.

“We have found that a high-performing culture maximizes the play, purpose, and potential”.

Orianna Fielding leads this module demonstrates how creativity enables us to reconnect with the physical world and expand creative thinking techniques through full immersion in the process of making art. Creating art trains you to concentrate on details and pay more attention to your environment. Art enhances problem-solving skills and encourages creative thinking and lets you come up with your own unique solutions. Out-of-the-box thinking stimulates brain to grow new neurons. Creative practice does not mean using the right side part of your brain. It involves getting both hemispheres of your brain communicating with each other to stimulate communication between various parts of the brain and has been proven to increase psychological resilience and increase the resistance to stress.



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“Creativity reframes the way we look at things”

An open mind is the most important pre-requisite for creative thinking. The Creativity module will teach you to:

- **Use creativity as the tool that unlock innovative thinking by developing fine motor skills**
- **Encourage design thinking to create great innovation by imagining new approaches to organizational creativity.**
- **Use creativity to reframe the way we look at things and our approach to situations**
- **Design for value.**
- **Creative problem solving**
- **Design your personal Digital Wellness Toolkit**



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Orianna Fielding
Founder
The Digital detox Company



Dr. Tamara Russell PhD
CLIN PSYCH, neuroscientist,
Leading Mindfulness trainer.



Selda Goodwin
Advanced Certified Yoga
Instructor/ healer

Our team is made up of a group of internationally recognised experts in the fields of Psychology, Neuroscience, Mindfulness, Yoga and Creativity practices who have been selected for their expertise, result driven practices and passion for their specific disciplines.



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freedom[~]

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