

Neap

Everyone deserves a little couch-time.



Technology Detox: Unplugging for a Relaxing Holiday

by 'Maven' Miara Shaw



Welcome from 'Maven' Miara

- A maven is a trusted professional that shares their knowledge with others.
 - Executive Coach
 - Business Strategist
 - Leadership Facilitator & Speaker
 - Podcast Host: Leadership Wellness Circle



just
BREATHE

Poll Question

Will you be taking time off from work during the holiday season?

INTRODUCTION

Technology Detox: Unplugging for a Relaxing Holiday

- Setting intentions to unplug
- The impact technology has on relaxation & being present
- How to improve your holiday experience by unplugging

Poll Question

Have you ever tried a technology detox?

Tell me in the chat -- Why are you always plugged in?

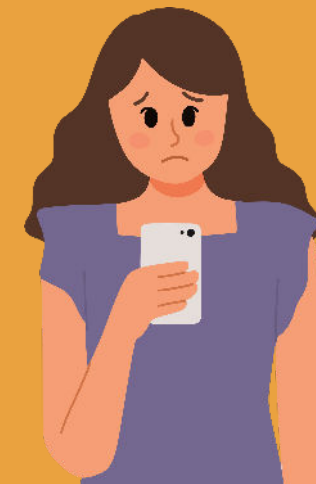
A

(FOMO) Fear Of
Missing Out



B

Work-Life
boundaries are
blurred by tech

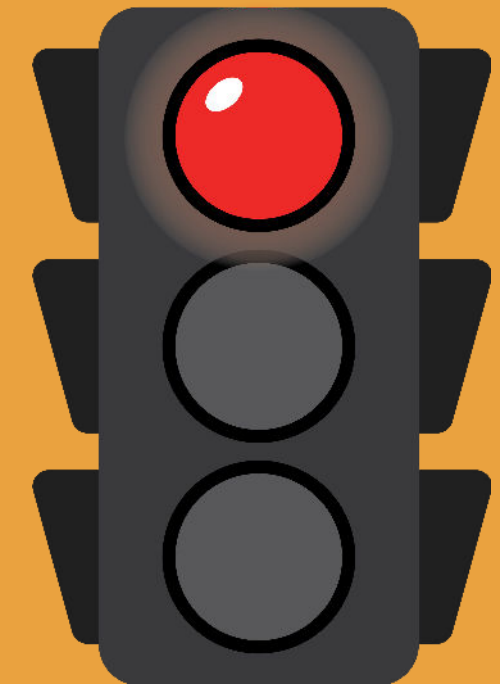


C

Social media
scrolling

Signs You Might Need A Digital Detox

- Trouble focusing without checking your phone
- Feeling anxious or 'left out' without your device
- Difficulty winding down or sleeping
- Frequently checking emails or social media



4

Benefits of a Digital Detox



1

Reduced stress and anxiety

2

Improved sleep quality

3

Enhanced focus and presence

4

Deeper connections with loved ones

Strategies to Unplug

- Set specific 'tech-free' times (morning routine, dinner)
- Use digital well-being features (screen time limits, alarms)
- Start a holiday tech-free challenge with family and friends

Activities to Unplug

- Outdoor: Hiking, nature walks, parks (TX weather)
- Creative: Journaling, painting, new hobby
- Mindful: Meditation, yoga, deep breathing exercises

Challenges to Overcome

- Discomfort and boredom
- Family and friends resistance
- Managing work obligations without constant access

Poll Question

What unplug activity will you try during the holidays?

Chat Question

Will you be asking your family to participate in the technology detox?

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Have a joyful & safe
holiday season!



☐ Online:

- ☐ www.neelyeap.com company page
- ☐ Live CONNECT
- ☐ iConnect You App
- ☐ Use your company code from benefits flyer

☐ **24/7 Hotline: 866-212-6096**

Access Your NEAP Benefits



Resources for total wellbeing

Aware: A MINDFULNESS PROGRAM



FEATURES

- Six telephonic sessions with an Aware specialist who is trained in mindfulness
- An individualized practice plan, tailored to your needs
- Opportunity to experience and learn mindfulness exercises within each scheduled session
- Electronic resources such as a practice plan journal, guided practice exercises and an additional resource guide



The Aware mindfulness program helps you learn to meaningfully engage in the present moment. It offers a research-based approach to stress management, which is derived from some of the world's leading experts in the field.

A specially trained Aware specialist will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasize the present, establish greater mind-body balance and increase overall wellbeing.

TOLL-FREE: 866-212-6096



Technology Detox Approach

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Self-Care. The world is going to keep rotating on its axis while you take care of yourself and a tech detox is simply you taking care of you. – 'Maven' Miara Shaw