

SUMMER CAMP

Learning To Let Go





Unplugging

Phone, computer, tablet, connected watch, television...

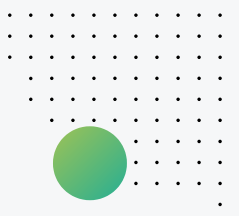
From your experience, you know how difficult it can be to avoid using them. But taking a rest from your digital devices is essential to maintain mental health balance. And it is especially true for those who work long hours in front of a computer.

No doubt, many of you will find it challenging to keep the use of digital devices under control, given that your work is so much dependent on them. However, it is possible to minimize the unnecessary interaction with them.

Definitely, summer vacation is an excellent way to reduce digital consumption and switch over to activities that allow you to reconnect with yourself. For instance, you can try meditation, sylvotherapy, hiking or camping... In a word, lots of solutions are available to you to help you unplug from busy schedules, relax, and come back full of new creative ideas and energy.



MCQ DISCONNECTION



Choose the right answer !

1.

Phubbing is

- ☐ an English culinary speciality
- ☐ the act of staying connected all day
- ☐ the act of ignoring a person by checking our phone rather than communicate with them

2.

The definition of FOMO syndrome is

- ☐ Fear Of Missing Out
- ☐ Fear Of Missing Off
- ☐ Fear Of Mistake Off

3.

Consuming essentially negative news through a screen is called

- ☐ Doomscrolling
- ☐ Boomscrolling
- ☐ Negscreening

4.

You tend to check your phone every time it rings, even in the middle of a conversation : Who are you ?

- ☐ a clubber
- ☐ a phubber
- ☐ a hunter

5.

A workaholic is a person who is addicted

- ☐ to work
- ☐ to a social fitness app
- ☐ to an entertainment channel featuring Korean stars

Answers : 1. the act of ignoring a person by checking our phone / 2. Fear of missing out / 3. Doomscrolling / 4. A phubber / 5. To work





Summer is a little life

In brief...

In theory, the summer holidays are an excellent opportunity to unplug from work. But in reality, it may be rather hard to do that, as we are strongly attached to our daily work-life habits and routines.

In fact, the issue of unplugging has already become the subject of serious scientific and psychological inquiries.

Many are unaware of how to identify the root of these hard-to-unplug issues.. Let's find out what we can do to deal with them to enjoy our free disconnected time and tell our colleagues about it!

Unplugging : In a few words

Disconnection comes down to maintaining a balance between professional and personal life. Also, it is closely related to the addictive behaviors that can disrupt this balance. To be more specific: addiction to work, screens, or social networks; fear of the emptiness created by an absence of activity or exchange with peers; spending time scrolling through negative news...

Often caused by the excessive use of digital tools, these addictions can lead to isolation, cognitive overload or even burnout.

There are multiple tips, habits and methods to free yourself from an endless working day or an overwhelming digital world, such as a digital detox or meditation.

Drawing a clear line between personal and professional life gets difficult. According to a study, 52% of UK employees agree that the boundary between their work and private lives is becoming increasingly blurred. A multitude of tasks are eating into daily life and sometimes even the rest time. To avoid the feeling of being overwhelmed, disconnecting is no longer an option!

Take a step back, unplug and enjoy the moment, at least for this summer !

