



Do You Need A Tech Detox?

Technology can be addicting and immersing yourself in it can sometimes make you forget all the activities you used to do before technology took over your life. It is common, for example, to see families and friends together, but with everyone distracted by their mobile devices.

Guilty? You don't have to ditch your gadget altogether, but it may be good to set limits to your usage. Here are a few simple alternatives to give your life a tech detox.



WHAT YOU USUALLY DO: Netflix marathon

DETOX ALTERNATIVE: Calligraphy or coloring books

Watching a Netflix marathon is usually done to de-stress after a long day at the office or school. Instead of facing a computer screen again, why not give calligraphy or coloring books a shot? There's something about immersing oneself in simple creative pursuits that can help you detach from the hassle and stress of the day.



WHAT YOU USUALLY DO: Private message people on social media

DETOX ALTERNATIVE: Face to face conversations

Instead of spending your free time PMing people online, why not engage in actual conversations with them. Invite your friend for dinner. Go out on a date with your mom. Even better, ditch the gadgets and start conversations with the people at home. Trust us. It would be a pleasant surprise for them to have you join in the discussions. Telling each other stories over warm milk or desserts will always be the perfect way to end your day.



WHAT YOU USUALLY DO: Exercise videos from YouTube

DETOX ALTERNATIVE: Outdoor jogging

Replace the television or laptop screen and go outside for a morning jog! More than getting fit, it will also give you a good dose of vitamin D and a good dose of fresh morning breeze.



WHAT YOU USUALLY DO: Blogging

DETOX ALTERNATIVE: Writing on an actual journal

Remember those times when you used to write about your day on your journal? Remember how personal the experience felt? Get in touch with yourself even more by writing on your journal once again.



WHAT YOU USUALLY DO: Ordering food online

DETOX ALTERNATIVE: Cook in your kitchen

Yes, it's definitely easier to wait for your food to be delivered. Occasionally try exploring your own kitchen! Challenge your creativity and delight your taste buds with delicious meals from Del Monte Kitchenomics.

Set aside your smartphone and computer once in a while. Real life awaits!