



DIGITAL DETOX

Do You Need a Digital Detox?

Seeing Past the Screen

For free mental health resources, contact your
local **ESSP Rep** or scan a QR code:

Hourly:
 carelon
Behavioral Health



Salaried:
 lyra



Provided by
 carelon
Behavioral Health



What is a Digital Detox?

A digital detox isn't about quitting technology; it's about reclaiming your mental space.

Too often, we share the same physical space while remaining isolated in our digital worlds.

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Break the Habit

Use Physical Blockers: Use blocking apps that require action to unlock social media.

Go Grayscale: Switch your screen to black-and-white to make it less visually stimulating.

Silence Alerts: Turn off notifications to prevent constant distractions.

Centralize Charging: Charge your phone in another room to keep it out of reach.

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Fill the Digital Space

Fill empty downtime with offline habits.

- **Carry a book or journal** — read or write while waiting or bored.
- **Sketch or doodle** in a small notepad to stay grounded in the moment.
- **Move your body** — swap scrolling for five minutes of stretching or light movement.

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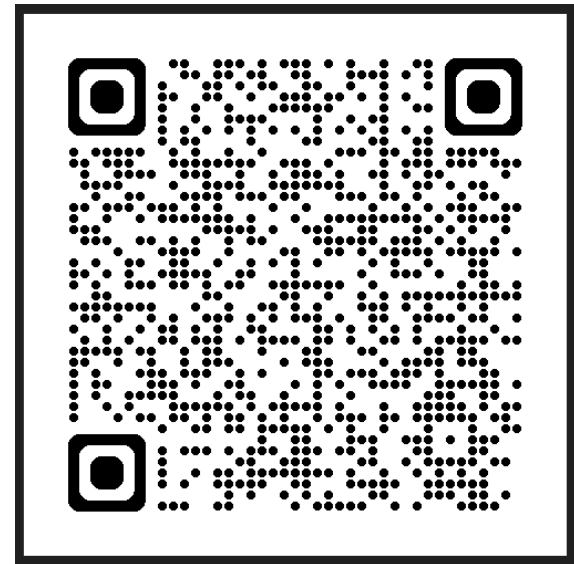
RESOURCES ▾



National Employee Support Services Program Committee (ESSP) (LMC)



CHECK OUT THE **ESSP &
WELLBEING PROGRAM**
WEBSITE TODAY!
Scan the **QR** Code





If you would like information on free and confidential counseling and other health and wellness resources, **contact your local ESSP Representative** or the CDR/EAP Agencies:

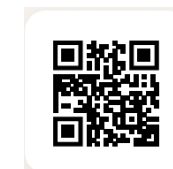
Hourly

Call Carelon Behavioral Health: 800-227-9622 or
Scan the QR code:



Salaried

Call Lyra Health: 877-207-9822 or
Scan the QR code:



ESSP &
Wellbeing
Site:

