

TIPS

Digital detox

With the chaos which comes with the rush of city life, smartphones seem like the perfect escape. Not only is every step of our life massively dependent on our digital windows, but we also use our precious gadgets for entertainment and interaction.

dot.com DETOX package



SOCIAL MEDIA EXPLAINED

- TWITTER** I'M EATING A #DONUT
- FACEBOOK** I LIKE DONUTS
- FOURSQUARE** THIS IS WHERE I EAT DONUTS
- INSTAGRAM** HERE'S A VINTAGE PHOTO OF MY DONUT
- YOUTUBE** HERE I AM EATING A DONUT
- LINKED IN** MY SKILLS INCLUDE DONUT EATING
- PINTEREST** HERE'S A DONUT RECIPE
- LAST FM** NOW LISTENING TO "DONUTS"
- GT+** I'M A GOOGLE EMPLOYEE WHO EATS DONUTS.

Be it looking up a random word on Google, updating a status on Facebook or posting a picture with the silly snapchat filters on — smartphones have become an all too common entity in our daily lives. And who can blame us? It is fun and entertaining and helps you keep in touch with your friends and family through diverse ways.

As useful that our phones might be, sometimes a digital detox is extremely important. Don't worry, I am not implying keeping your smartphones shut down for days at a stretch and using the infamous Nokia 1100, but keeping your smartphone switched off for at least two hours a week can have a lot of positive effects on the brain and the body alike.

Keeping your phone off for two hours at a stretch in a week will definitely not ham-

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per your work schedule of any sort. The weekends are a perfect time to stay away from your phone and instead enjoy reading a book or going out for a walk. This digital detox not only calms your mind but also

gives your device the rest it deserves. It very often happens that due to our rush we forgot to charge ours phones properly which greatly hinders the performance of the phone.

Smartphones are also the ultimate *time suck* in our daily lives. We spend our valuable time chatting, watching mindless videos and participating in excessive and unwanted conversations. Using these two hours to stay away from the screen will detoxify our thoughts and give us a break from the continuous advertising spams and hyperactive content portrayed on various social media, help avoid information and sensory overload!

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Photo: Collected

ApexTM Spring!



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