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**Digital detox leads to better health and lifestyle – 14th March, 2022**

## Level 4

Digital devices are everywhere these days. Many of us are addicted to them. There are many studies about the dangers to health of being glued to screens. Children are not exercising; people are worrying about their body image; and people are being bullied by cyber-criminals. A study of 1,000 adults found that half of the participants were addicted to their smartphones and didn't realize it. The study called for people to try "digital detox".

Digital detox involves turning off the Internet to enjoy "real life". It means talking to people face to face and "doing everyday stuff". A digital detox organisation said detox was "a catalyst for people to rethink their distance from their devices". People should use devices less to avoid "nomophobia" - NO MOBILE PHOBIA. A psychologist warned that being too absorbed in smartphones means ignoring responsibilities. She said people should consider digital detox.

## Level 5

Digital devices are everywhere in our lives these days. Many of us are addicted to them. There are new studies every day about the dangers to health of being glued to small screens. Children are not exercising; people are worrying about their body image because of online pressure; and people are being bullied by cyber-criminals. In a study of 1,000 adults in Japan, researchers found that half of the participants were addicted to their smartphones. They were unaware of their smartphone dependence. The study called for people to try "digital detox".

Digital detox involves switching off from the Internet to enjoy "real life". It involves the bygone custom of talking to people face to face and "doing everyday stuff". A digital detox organisation in Japan said: "We want detox to be a catalyst for people to rethink their distance from their devices...to get ample rest." People should rely less on devices to avoid the new phenomenon of "nomophobia" - NO MOBILE PHOBIA. A psychologist warned of the dangers of being too absorbed in smartphones. She said people who ignore their responsibilities because of being online should try a digital detox.

## Level 6

Digital devices are increasingly dominating our lives these days. Many, if not most of us are addicted to them. New studies emerge with alarming frequency about the dangers to our physical and mental health of being glued to our small screens. Children are not exercising; people are worrying about their body image because of online pressure from "perfect body" sites; and people are being bullied (or worse) by cyber-criminals. In a study of 1,000 adults in Japan, researchers discovered that nearly 50 per cent of the participants were addicted to their smartphones, but were unaware of their smartphone dependence. The study is one of many clarion calls for "digital detox" to become part of our lives.

The practice of digital detox involves switching off from the Internet to enjoy something called "real life". This involves the bygone custom of conversing with people face to face and "doing everyday stuff". The organisation Digital Detox Japan said: "We want detox to be a catalyst for people to rethink their distance from their devices...to set aside time to get ample rest." People need to rely less on devices to avoid the new phenomenon of "nomophobia" - NO MOBILE PHOBIA. Psychologist Dr Kia-Rai Prewitt warned of the dangers of being too absorbed in smartphones. She wrote: "If you ignore responsibilities at home or work because of the amount of time you spend online, then consider a digital detox."