

Health Issues Stemming from Digital Addiction

Digital addictions can cause pain, headaches, Pool Poster, anxiety, depression, and sleep disorders. It may also lead to Social Isolation and reduced Focus. Limiting screen time Helps to prevent these problems.



Insomnia

Insomnia is a sleep disorder where a person has trouble falling or staying asleep, leading to poor quality rest.

FOMO

Feeling anxious or irritated when offline (fear of missing out).

Digital Detox

Digital detox is a Break from digital devices to reduce stress, improve focus, and boost mental health. It helps regain balance and prevents burnout.

Steps for a Successful Digital Detox

- Start with a few hours, then gradually increase.
- Reading, outdoor walks, or creative hobbies.
- Track a screen time reduction and celebrate achievements.



Digital Addiction & Detox

Signs:

- Loss of **control** over device use.
- **Neglect** of hobbies or responsibilities.
- Withdrawal symptoms like *anxiety* or irritation when **offline**.

Erasmus+

Enriching lives, opening minds.

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What is that ?

- Digital addiction, also known as Media or Internet addiction, is a behavioral addiction where individuals lose control over their digital device usage.
- It affects social interactions, mental health, and daily responsibility.



Digital Addiction



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