

# Digital Detox – Why you need it and how to disconnect

Technology has enhanced our lives in numerous ways, but there may be times where our physical and mental health often can not keep up.

To put it simply, a digital detox refers to a period of time when a person chooses to refrain from using digital devices such as televisions, smartphones, computers, tablets, and social media sites.

The benefits of a regular digital detox:

- **Greater work-life balance**
- **Increased attention**
- **Improved mental health**
- **Greater quality of your social connections**
- **Better sleep**
- **Improved physical health**

## How to incorporate a digital detox into your routine

### 1. Screen Breaks

Incorporating regular screen breaks throughout the day can lead to reduced stress, as well as aiding posture and making us more alert.

Taking short frequent breaks such as 5 minutes for every 50-60 minutes has also been linked to greater productivity and higher attention to detail.

### 2. Tech-free window

Try to schedule regular time slots during which you will not use digital technology at all.

Perhaps commit to unplug for a whole hour while you take your lunch – no phone, no emails, no social media interaction.

### 3. No Notifications

Connectivity has brought new efficiency to communication, but it has also reduced our ability to focus, which in turn reduces our productivity.

Depending on whether it is practical for your role, try to arrange set times to switch-off notifications to focus fully on set pieces of work.

Try to establish a line between your work life and your home life. Where possible, turn off work notifications once you have finished work to reduce the temptation to check emails and messages.

### 4. Digital Diet

Create a weekly plan to encourage you to stick to your detox commitments, for example:

**Monday:** Unsubscribe from all unwanted emails

**Tuesday:** Don't look at your phone until you start work

**Wednesday:** Unplug all devices over your lunch break

**Thursday:** Define a period during which you don't check new notifications

**Friday:** Stay off social media for the entire day

**Saturday:** Do not check work emails or social media

**Sunday:** Do not check work emails or social media

### 5. Involve others

Any form of detox can be difficult when you approach it alone. Consider trying to find a buddy who would also be interested in a digital detox.

You can support each other by discussing any challenges and holding each other accountable.



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## CREW HEALTH ADVICE

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### Alternatives to staring at a screen

#### Read

If you like a good read, find books of the month, or start a book club amongst friends or colleagues.

#### Listen

Reconnect with the family through [Discover Music](#) on [Classic FM](#), where you can find several free resources, including Family Music Box where you can learn about the great composers while listening to their iconic music.

You can also find on Classic FM music for brain power to work and study by or tunes to help you unwind after a long day. Classical music can be a powerful tool for relieving everyday stress, helping you sleep and supporting your mental health. It's scientifically proven that listening to music can lower blood pressure, induce relaxation and reduce anxiety.

Details of the best online music lessons are available too – an opportunity for you to learn a new instrument, individually or with the whole family, or take up singing lessons.

There is also music for babies and the best meditation music for mindfulness and yoga.

BBC Sounds is available via the [web](#) or mobile App. As well as listening live to your favourite radio stations, or catching up with programmes you have missed, there is a wealth of other listening resources available.

[Browse all Speech \(BBC Sounds – Categories\)](#) to find a range of categories to suit every taste, including Arts, culture and the media;

Audiobooks (where you can hear serialisations of a wide range of books, from *Pride & Prejudice* to *Wind in the Willows* and *The Strange Case of*

*Dr Jekyll and Mr Hyde*); Comedy; Drama (including thrillers, crime fiction, sci-fi and fantasy); History (from the Roman Way to the Magna Carta, Iran, and the Royal Family); Learning; Podcasts (*A Question of Sport*, medical topics, comedy).

Over 2,000 episodes of [Desert Island Discs](#) are available, including conversations with and the favourite tracks of a wide range of individuals, including writers and broadcasters, professors, charity workers, actors and astronauts, chefs, historians and sports men and women.

Find helpful advice and relatable stories across BBC Sounds. Headroom's [Meaningful Conversations](#) shine the light on topics such as grief, loneliness, and the routes to recovery for addicts.

[Lifestyle Listens](#) provide tips, tricks and deep dives into productivity, cooking, exercise and sleep, and more.

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## CREW HEALTH ADVICE

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The Club was the first to launch a crew health scheme in 1996 due to increasing crew illness claims and a lack of accountability of clinics. Since 1996, the Crew Health programme has become one of the Club's leading loss prevention initiatives. The aim of the programme is to reduce the volume and value of crew illness claims which are caused by a pre-existing illnesses or disease. These underlying conditions often impact on the crew member's fitness for service and can endanger not only the health of the seafarer but also the onboard safety of other crew.

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### **Sophia Grant**

Crew Health Programme Director

**Direct:** +44 20 7204 2417

**Email:** [sophia.grant@thomasmiller.com](mailto:sophia.grant@thomasmiller.com)



Sophia joined Thomas Miller in 1992 and from 1994 worked as a claims handler dealing mainly with French and Spanish Members. In 2004, Sophia became the Crew Health Programme Director. Sophia has undertaken a large number of clinic audits, implemented the standard medical

form and clinic guidelines. She has also lead the scheme through the largest period of growth and development with a doubling of approved clinic facilities and a four fold member increase. Sophia is a Director of Thomas Miller & Co. Ltd.

### **Saidul Alom**

Crew Health Fees Administrator

**Direct:** +44 20 7204 2968

**Email:** [saidul.alom@thomasmiller.com](mailto:saidul.alom@thomasmiller.com)



Saidul Alom joined Crew Health from the European Region Service Team in 2004. Saidul provides administrative support to the Crew Health programme and is responsible for liaison with the approved clinics on financial billing matters and ensuring prompt payment of all clinic fees.

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### **Stuart Last**

Crew Health Member Administrator

**Direct:** +44 20 7204 2413

**Email:** [stuart.last@thomasmiller.com](mailto:stuart.last@thomasmiller.com)



Stuart joined Thomas Miller in 1998 as a claims trainee for UK P&I Club's Greek Members. In April 2005 Stuart joined Crew Health as the Team Administrator. Stuart is responsible for co-ordination of Member entries and administration for the clinic approval process.