



Being Present

Initially created to connect people across distances, the evolution of phones to today's mobile and smart technology can lead to major disconnect if left unchecked. Our phones and other devices provide access to all the entertainment we could possibly need, allowing us to completely check out from engaging in life around us.

It's important for your mental health to unplug and be intentionally present with others. To do this you're going to need to retrain yourself. Decide on moments during the day when others are more likely to be available for connection and make a conscious decision that this will be a sacred, device-free time. Set a disconnect reminder, turn off your notifications, and choose a spot to stow away your devices where you will be less tempted to reach for them.

Use this time to be present and open to social connection whether it's at work, with your kids at home, with your significant other, friends, or roommates. Let others know your plan in case they want to join you with unplugging. Decide if this is going to be something that you want to enforce among everyone in your family.

Now give yourself a week and reflect on how things are going. Have you been able to remain present and off your phone? Are you having more quality interactions with others because you're not interrupting the natural flow of conversations? Or do you need to tweak your plan? Even if you're unplugging during time alone, using this opportunity to take in things around you instead of automatically reaching for your phone is a good exercise.

Are you struggling to connect with others? Consider contacting BP Care.

Weir, Kirsten. (Dis)Connected. American Psychological Association. March 2017, Vol 48, No. 3. Retrieved June 2, 2021 from <https://www.apa.org/monitor/2017/03/cover-disconnected>



Your BP Care

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

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