

# Digital Disconnect

## “Unplugged and Cut Off”

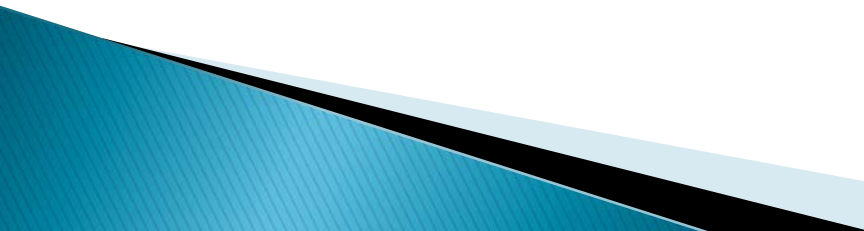
Presented by:

**Murray Hillier**

Clinical Educator–Kingston, ON

Professor, Algonquin College–Ottawa, ON

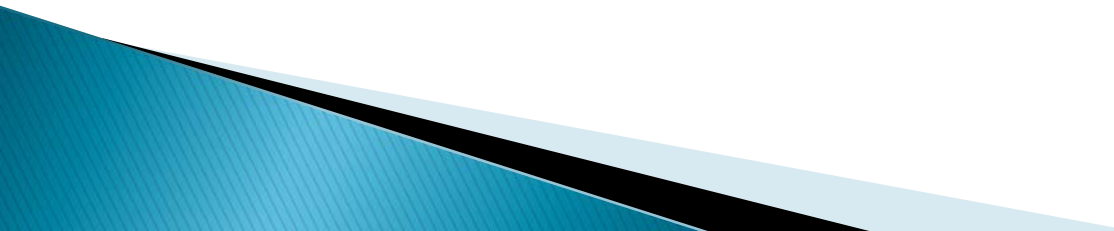
# Today's Menu

- ▶ Digital Disconnection Anxiety
  - ▶ The Dopamine Addiction Cycle
  - ▶ Anxiety, Panic and Crisis
  - ▶ The Game Changer....Action Plan
    - ✓ Crisis Strategies
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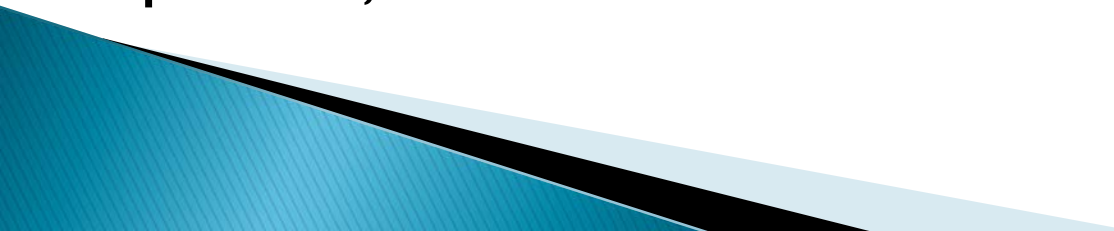
<https://www.youtube.com/watch?v=ISL8hQgLOF0&authuser=0>



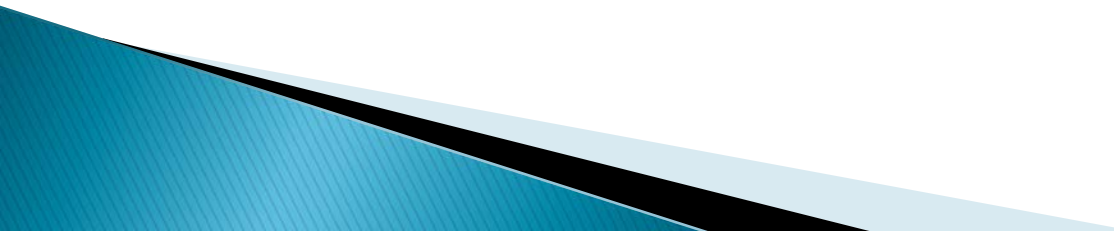
# Digital Disconnect Anxiety Quiz

- ▶ Answer “yes” or “no” to the following NINE questions...
  - ▶ Keep track of the number of “yes” and “no” answers
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# Digital Disconnect Anxiety Quiz

1. Strongly or somewhat agree with the statement "My cell phone goes everywhere I go?"
  2. Use your wireless device "frequently" at home instead of your home phone?
  3. Strongly or somewhat agree with the statement "When I leave home without my cell phone, I feel cut off"?
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# Anxiety Quiz ( con't)

4. Spend four hours or more using the Internet—work or personal—per day on average?
  5. Used IM (instant messenger) in the last week?
  6. Have a Facebook profile that you visit at least once a day?
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# Anxiety Quiz (con't)

7. Strongly agree with the statement "The world is not as safe as it used to be"?

8. Used a laptop in your living room or bedroom in the last week?

9. Text-messaged on a regular cell or sent email using a BlackBerry, Treo or similar in the evenings or the weekend in the last week?

# Scoring Results

- ▶ A positive answer to the first eight is worth one point, and the last question is worth two points.
- ▶ An overall score of *seven or more* suggests "you are a candidate to feel elevated levels of anxiety if disconnected even for a short period of time."



# Statistics

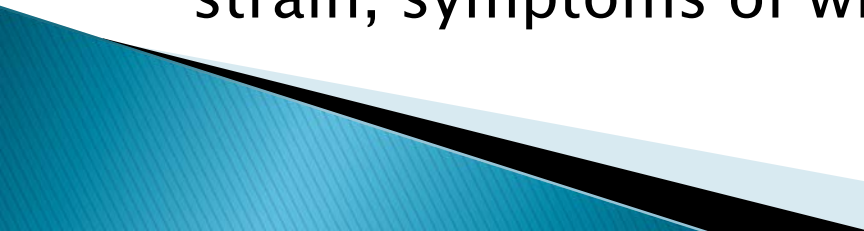
- ▶ Young adults (age 15–24) check their smartphones an average of **150** times per day (or every six minutes), and send an average of **110** texts per day—[\*New York Times report, 2017\*](#)
- ▶ **50%** of surveyed teens admitted that they felt addicted to their mobile devices.—[\*Lake Research Partners\*](#)
- ▶ **60%** of U.S. college students consider themselves to have a cell phone addiction—*Roberts, J., Yaya, L., & Manolis, C. (2014)*
- ▶ **33%** of teens and **50%** of parents occasionally or very often try to reduce the amount of time they spend on their mobile devices, but most fail to change. [\*Lake Research Partners, Device Addiction Survey \(2017\)\*](#)

# Is it an Addiction ?


DSM-5 Criteria for drug abuse disorders can be used effectively to identify digital addiction.

- defined as a psychological dependence
- symptoms develop over the course of months and years, but may also manifest in shorter 'binges' (e.g when trying a new mobile game).

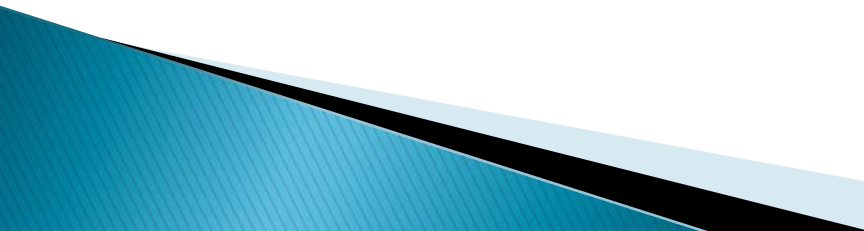
# Indicators of Digital/cell phone addiction

- ▶ Conscious use of phones in dangerous situations or in prohibited contexts (e.g while driving)
  - ▶ Excessive use that causes social and family conflicts and confrontations, as well as loss of interest in other shared activities
  - ▶ Continuing the behavior despite the negative effects and/or personal malaise it causes
  - ▶ Excessive phone use causing noticeable physical, mental, social, work, or family disturbances (e.g eye strain, symptoms of withdrawal, stress, and anxiety)
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# Indicators of Digital/cell phone addiction

- ▶ Frequent and constant checking of phone in very brief periods of time causing insomnia and sleep disturbances
  - ▶ Increase in use to achieve satisfaction or relaxation or to counteract a dysphoric mood
  - ▶ Chronic impulsiveness to check your device and the need to respond immediately to messages, preferring the cell phone to personal contact
  - ▶ Anxiety, irritability if cell phone is not accessible, feelings of unease when unable to use it
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# Symptoms

- ▶ Insomnia
  - ▶ Inability to Focus / Complete a Task
  - ▶ Stress and Restlessness
  - ▶ Relationship Stress
  - ▶ Eye Strain
  - ▶ Neck Pain
  - ▶ Social Anxiety
  - ▶ Escapist Behavior
  - ▶ Dependence on Digital Validation
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# Digital Disconnect/Separation Anxiety

Key Driver:

The Dopamine Addiction Loop



# Dopamine

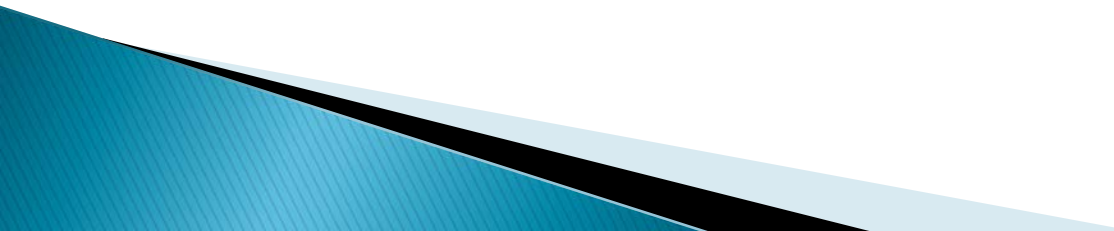
**Dopamine** : is created in various parts of the brain and is critical in all sorts of brain functions, including thinking, moving, sleeping, mood, attention, and motivation.

Known as : The "seeking" brain chemical

**Dopamine**:

- ❖ causes you to want, desire, seek out, and search
- ❖ makes you curious about ideas and fuels your searching for information.
- ❖ propels you to take action.

# The Dopamine Addiction Loop

- ▶ You tend to need more and more to be satisfied
  - ▶ You can get into a dopamine loop.
  - ▶ If seeking isn't turned off at least for a little while, then you start to run in an endless loop.
  - ▶ Every photo you scroll through, headline you read, or link you go to you are feeding the loop which just makes you want more
- 



# The Dopamine Addiction Loop

- ▶ a sound (auditory cue) or a visual cue that a notification has arrived, enhances the addictive effect.
- ▶ It's not the reward itself that keeps the dopamine loop going; it's the anticipation of the reward.....anticipation/dopamine connection

# Anxiety



“Anxiety :

- an uncomfortable feeling of apprehension or dread that occurs in response to internal or external stimuli and
- can result in physical, emotional, cognitive, and behavioral symptoms.”

(Wendy Austin & Mary Ann Boyd. 2008.)

# Features of Anxiety

## □ Unwanted emotions

- ★ panic attacks
- ★ chronic anxiety
- ★ excessive fear


## □ Unwanted thoughts

- ★ obsessions
- ★ excessive worries
- ★ intrusive recollections

## □ Unwanted actions

- ★ avoidance, escape, distraction
- ★ compulsions

# Panic Attack Symptoms

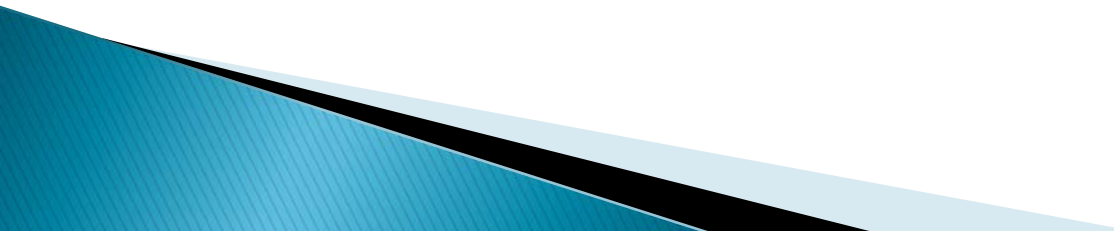
- ▶ Palpitations or feeling that one is having a heart attack
  - ▶ Sweating, Trembling or shaking
  - ▶ Short of breath
  - ▶ Nausea or GI distress
  - ▶ Feeling that one is “going crazy”
  - ▶ Feeling of loss of control
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# Panic Attack: Defining Features

Discrete period of intense fear or discomfort:

- ⇒ abrupt onset
- ⇒ peaks within 10 min
- ⇒ peak intensity lasts an average of 20 min
- ⇒ can occur during waking hours or during sleep

# Effective Interventions for Panic Attacks

- ▶ Remain calm
  - ▶ Offer reassurance
  - ▶ Use clear sentences
  - ▶ Keep demands on client to minimum
  - ▶ Limit environmental stimuli
  - ▶ Educate them
  - ▶ Encourage physical activity involving one or more of the 5 senses
  - ▶ Relaxation techniques
  - ▶ If appropriate and ordered, give medication with antianxiety effect
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# The Quarter Distraction Technique

# Other suggestions

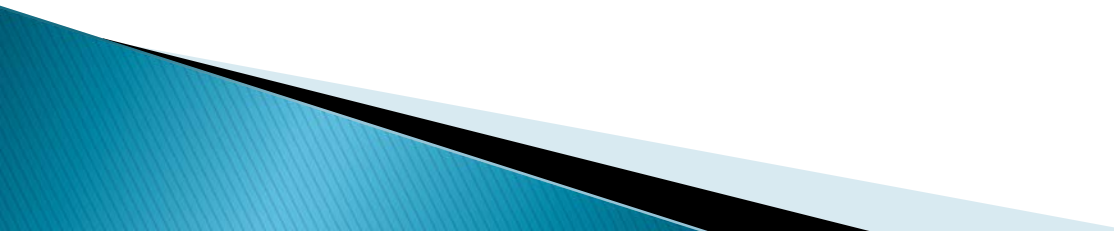
## Activity

In your groups create/suggests other distraction activities that would help break the cycle.



# Crisis

## Definition (Caplan )

- ▶ State of disequilibrium
  - ▶ Unable to function in one or more areas
  - ▶ Customary coping mechanisms have failed
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# Behavior 101 ... “the big 3”

▶ Perception

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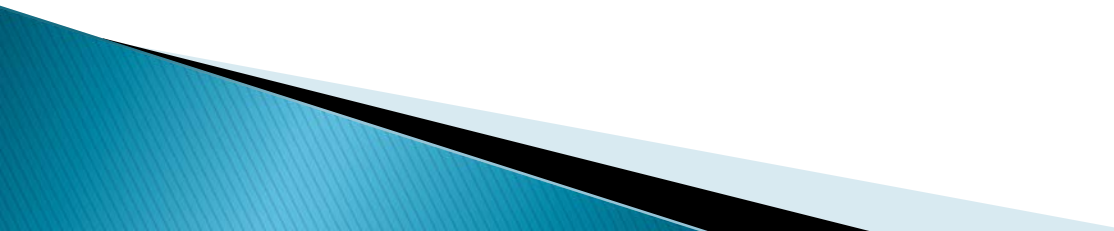
▶ Reality

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▶ Behavior



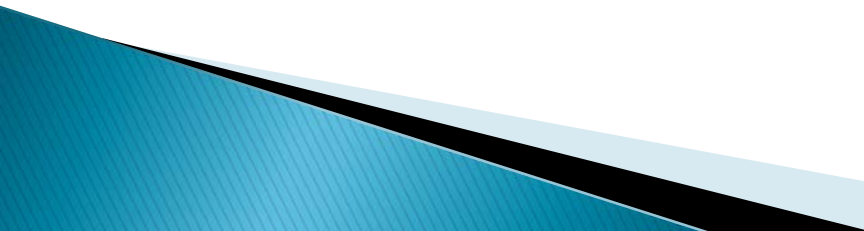
# Balancing Factors

- ▶ Perception
  - ▶ Situational supports
  - ▶ Coping mechanisms
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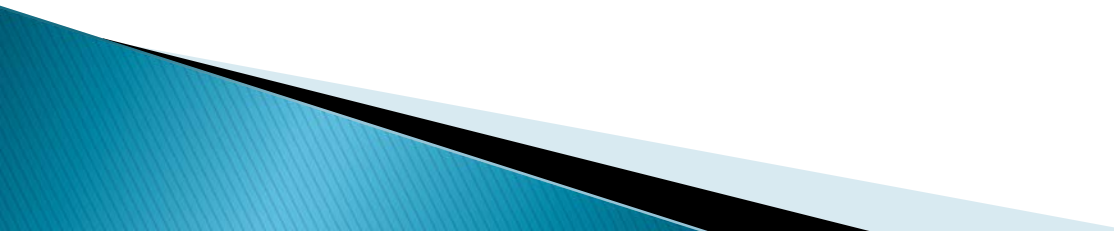
# Change perception...Change Behavior

- ▶ In times of crisis perception of personal control seems to falter, get lost or be the only thing one holds on to in the face of all else.
  - ▶ Have them identify what their perception is regarding the compulsive need for digital attachment...what does it mean to them ??
  - ▶ Help them with perspective
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# Supports: Foster strong human -in person social connections:

- ▶ Talking about the challenges with you and others can be an excellent way to gain perspective, look for new solutions, or simply express their emotions.
  - ▶ New or returning friends, health staff, and camp councilors can all be potential sources of social connectivity.
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# Empower use of Coping Mechanisms

- Enable positive decision making power with a focus on strengths
  - Provide alternate access to information/resources ( non-digital)
  - Empower a range of options/choices
  - Feeling hopeful can make a difference
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**Questions?**

