



e-learning

Digital Detox

Digitalization has completely transformed our entire lives. It has many positive aspects, but also negative consequences such as stress and poor concentration. In this e-learning you will analyse the causes of digital stress and get tips on how to deal with the effects of being constantly available. Furthermore you will get to know and try out several different ways to find your way back to relaxation. In addition, our Digital Detox Emergency Kit will enable you to recognise digital stress, and provide you with the tools to do something about it right away.

Booking Number: 30607

Group of participants:

All employees who would from time to time like to take a break from the digital world and being constantly available.

Duration: **approx. 1 hour**

Language:  

Unit price:

€ 49,- zzgl. MwSt. | € 58,31 inkl. MwSt.

Package prices from 50 licenses on request

Learning objectives

- ✓ Understand the causes of digital stress such as multitasking, interruptions and immediate rewards, and be aware of how best to deal with them
- ✓ Analyse your use of digital media and devices
- ✓ Develop strategies for increasing awareness when using digital media and devices, and use the Digital Detox strategies
- ✓ Deal with the effects of digitalization and constant availability better
- ✓ Identify possible digital-free spaces and times
- ✓ Consciously find your way back to relaxation

Contents

What will you learn in this e-learning?

Digital Detox Emergency Kit

Causes of digital stress:

- Multitasking
- Interruptions
- Immediate rewards

Deal with the consequences of constant connectivity

- Simply switch off
- Structure instead of pressure
- Boredom pays off
- Analyse mental performance

Find your way back to relaxation

- Mastering digitalization with ease
- Slow down and do less
- Counter impatience with relaxation
- Enjoy doing nothing



Information on the web

www.haufe-akademie.de/30607



Let us advise you

Tel. +49 761 595339-10 • eLearning@haufe-akademie.de