

## Realty Tech Talk Series

# It's Time for a Technology Detox!

*This article has been provided by [Rajeev Sajja](#)*

Technology has overwhelmed our daily lives to the point of constant distraction. Many of us can no longer focus on a single task or face-to-face conversation without wanting to reach out or retreat to the virtual world every few minutes. With our reliance on the latest apps, our addiction to our friend's status updates, and one's need to share everything about their latest antics, could most of us use a technology/digital detox? It's high time!



Some of the signs you are a prime candidate for a technology detox are you wake up and check email, Facebook before you even take a shower. Your phone occupies a seat at the dinner table and if you aren't on your phone you are anxious and feel like you are missing out!

I realize my family is also on a technology overload so I recently proposed a 6-hour detox for my family at last week's thanksgiving dinner. (I may have risked my chances of getting any gifts during this upcoming holiday season) That means, no cell phone on the same floor as the dinner. There was only a 15-min window where everyone was allowed to access their phones and I am happy to report that after some early very frequent anxious moments, everyone got into the real spirit of the holiday and actually had meaningful face-to-face conversations. We talk to people a lot more which is the true value of a technology detox.

The fact that the phrase "digital detox" made its way into the [Oxford Dictionary Online](#) last year is proof in itself that many of us could stand to benefit from a little break from our screens. There are companies like [Digital Detox](#) who are helping people disconnect to reconnect. The technology / digital overload is real and we need to find the right balance and incorporate the detox at various times in our lives so we can really enjoy the special moments and have meaningful conversations that we live through that may never come back!