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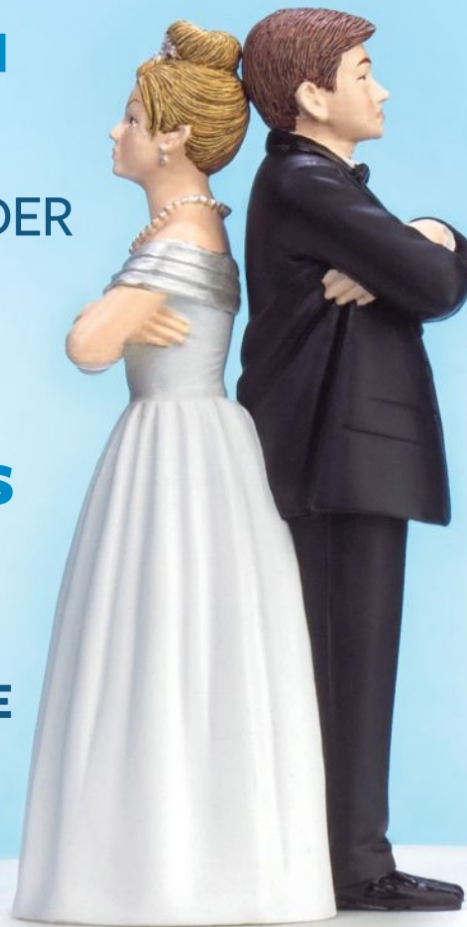
Strategies & Support for ADHD and Beyond

HOW WE'RE FAILING WOMEN WITH ADHD

"MY EATING DISORDER CONSUMED ME"
+HOW TO HELP YOUR TEEN

TICS & TRIGGERS IN KIDS

THIS IS US
NEURODIVERGENCE IN GRANDFAMILIES



The ADHD Guide to Love

EMOTIONAL CONTROL AT HOME

WHEN RESENTMENT CREEPS IN

RELATIONSHIP ADVICE FOR ADHD COUPLES



5 Steps to a Digital Detox

Break your social media habit with this plan designed for ADHD brains.

Q My husband, our high school senior, and I all have ADHD and are easily distracted. It's hard for us to untether from our electronic devices due to text messages, notifications, and social media. How can we make technology less of a distraction?

IN MY COACHING PRACTICE, I SPEND A LOT of time discussing the internal triggers that drive us to distraction. Boredom, the environment, and even a lack of movement all play a role in why we reach for our devices again and again.

Social media is built to be addictive, but I believe that we don't need oodles of willpower to fight the temptation. We just need to remove the temptation from our environment.

I've developed strategies to help adults and students set up their electronic devices in a way that discourages distractions. After all, it's easier to stay focused on your work when you make it more difficult or inconvenient to get distracted.

Here are five ways to engage in a digital detox.

STEP #1 Lock It Up

When you need to get work done, place your phone in a different room or lock it up in a drawer, closet, or box. My son taught me this trick. When he went to college, we purchased a lock box for his valuables, but he ended up using it to hide his phone when studying. Out of sight, out of mind.

STEP #2 Turn It Off

Eliminate the buzzing of an active phone by putting it on silent or airplane mode and turning off all push notifications—even for just a few hours each day. This simple setting change will eliminate those alerts that tempt you to hop on Instagram or TikTok.

STEP #3 Hide and Don't Seek

Just as you would clear your physical workspace of paper or clutter, I suggest closing and hiding all non-essential apps and browser tabs on your computer and phone. This way, you only see what you are working on in that moment.

STEP #4 Make It Last

Similarly, you might move your most distracting apps into a folder and place that on the last "page" of your phone's home screen. This way, even if you look at your phone, you're less tempted to open YouTube because it's hidden.

STEP #5 Tighten Access

For those with ADHD, this holds true: If it takes more than two to three steps to do something, you're less likely to do it. So disable facial recognition or touch ID to open your phone. Having to enter a password each time you want to use a device works to eliminate the "toll of the scroll." Likewise, signing out of social media accounts, so you can't jump back on immediately, has been a game-changer for many of my clients.

Setting limits for screen time, and getting the whole family to join in, can help too. It's not easy to eliminate these digital distractions, but with a solid plan in place, you'll be on your way. 📵



Leslie Josel, an ADHD academic and parenting coach, founded Order Out of Chaos, a virtual coaching and support company.

