



AMC: We Care...We Connect

Topic: Digital Toxicity

GOAL: Unplug to improve resiliency and build connections

FACILITATOR NOTES:

Tools to Prepare Yourself

1. Watch and Share: "Digital Toxicity in a High Tech World," (33:14 min) by Dr. Brian Luke Seaward. <https://vimeo.com/470236913/7903b4577a>
2. Read and Share: Review the mission challenge and suggested discussion points. Highlight the importance of personal resiliency as a means of always being ready and willing to support a Wingman.
3. Consider: Share the last meaningful interaction you encountered, what it meant to you and note whether that moment happened online or in-person

THE EXTRA MILE: Additional Resources

1. Take the phone addiction test and see how reliant you are! (25 questions) <https://www.addictiontips.net/phone-addiction/phone-addiction-test/>
2. Read Harvard's "Screen Time and the Brain" article. <https://hms.harvard.edu/news/screen-time-brain>
3. Read and share the CDC's "Screen Time vs Lean Time" infographics for children. www.cdc.gov/nccdphp/dnpao/multimedia/infographics/getmoving.html

FRAMING THE CONVERSATION

Are you curious about the impact that our 24/7 "plugged in" lifestyles have on health & work life balance? Due to smartphones, tablets, & the increasing portability of laptops, working remotely has never been easier and our Airmen are doing it ALL the time. Employees feel a strong pull to stay plugged into technology—even while on vacation, weekends & during family time.

DID YOU KNOW?

8 Billion ~ Number of times Americans collectively check their phones each day (on average 46 times per day) - Time Magazine

Being that too much screen time can have unhealthy consequences (obesity, sleep issues, depression/anxiety and more), we need to combat these effects by making conscious decisions to unplug. Begin the process of looking at what your life could look like if you began to 'power-down' and put aside your devices.

SUGGESTED DISCUSSION POINTS:

1. Think back through your normal day and determine the approximate amount of time you were on your phone; do you think it was a healthy amount and why/why not?
2. Have you found that screen time interferes with your personal relationships and if so, how?
3. How can you encourage and support your fellow Airmen to create strategies to decompress and 'power-down'?

MISSION CHALLENGE: HOW TO APPLY THE LESSON

Additional Challenges

While being connected is part of the 'new normal' it is important to recognize the need to detox from our devices and focus on maintaining our wellness.

Challenge 1: Designate time during the week to "power-down" and disconnect from the screen to experience screen-free time with the family, get outside or learning a new skill.

Challenge 2: Create a list of screen-free activities to do when un-plugged.

AMC: We Care...We Connect is a resource to encourage open and genuine small group discussions at all levels within your unit based on the values and culture represented by the United State Air Force. This resource is meant to supplement concepts learned in traditional formalized training and encourages increased engagement between Airmen.