I.   Research

Write in full sentences paraphrased in your own words.

1. Taking a break from screens can sharpen your focus and help you make clearer decisions. Without constant digital interruptions, it's easier to stay engaged in tasks and boost your overall productivity.

2. Stepping away from technology gives your mind room to breathe and wander, which can spark new ideas and enhance creativity. When distractions are minimized, inspiration tends to flow more freely.

3. Cutting down on screen time encourages you to move more, helping to counteract the sedentary habits that often come with heavy tech use. This shift can improve posture and support better physical health.

4. Unplugging opens the door to more meaningful in-person connections. When you're not glued to a device, you're more present with loved ones, which strengthens relationships and creates lasting memories.

5. Constant alerts and digital demands can overwhelm your nervous system and raise stress levels. Taking intentional breaks from technology helps your brain reset, easing anxiety and supporting emotional well-being.

Article citation: [The Power of Unplugging: 6 Health Benefits of Spending Time Offline](#)

II.   Journal

Day One:

Date: 10/11/25

Time: 11AM

- What would you have normally done with technology at this time – include apps (2 sentences)?

Normally, I would have spent this time checking work emails, scrolling through Instagram, and using Google Docs to work on educational materials. I often rely on apps like Remind and Canva to stay connected with family members.

- Once you unplugged, what did you do for that hour (2 sentences)?

Once I unplugged, I took a quiet walk around the neighborhood and spent time journaling about my life goals. It felt refreshing to present without notifications or screens pulling my attention.

- Share the positives and negatives of powering down during that hour (2 sentences):

The positive was feeling mentally clear and emotionally grounded-more connected to my thoughts and surroundings. The downside was missing a few messages and feeling slightly behind on tasks I usually manage digitally.

Day Two:

      Date: 10/17/25

      Time: 4PM

- What would you have normally done with technology at this time– include apps (2 sentences)?

Normally, I would be scrolling through TikTok after a long day at work, watching funny videos or catching up on trending content to unwind. I might also check Instagram to decompress or respond to messages while relaxing on the couch.

- Once you unplugged, what did you do for that hour (2 sentences)?

Once I unplugged, I chose to step away from the screens and decided to have a self-care evening by myself to unwind, go shopping, get a massage, enjoy some sushi, and spend quality time alone.

- Share the positives and negatives of powering down during that hour (2 sentences):

The positive was feeling refreshed, present, and more connected to myself without digital distractions it was much needed reset. The negative was missing a few updates and messages, which made me feel slightly out of the loop forward.

Day Three:

      Date: 10/23/25

      Time: 1PM

- What would you have normally done with technology at this time– include apps (2 sentences)?

-Around this time, I'd usually be helping my niece wind down with some quiet iPad time maybe watching a calming show on PBS Kids or exploring an educational app like Khan Academy or ABC Mouse.

- Once you unplugged, what did you do for that hour (2 sentences)?

Once I unplugged, I spent that hour going to the park with her, getting ice-cream, and buying her a cute outfit to wear for a birthday party over the weekend.

Share the positives and negatives of powering down during that hour (2 sentences):

- Powering down gave me the chance to be fully present, enjoy spontaneous moments with my niece, and create lasting memories without digital distractions. On the other hand, I did miss some text updates, but it was a refreshing experience to live a normal life and focus on making memories with her.

III.   Reflection:

Unplugging technology for an hour each day turned out to be a much more refreshing experience than I expected. At first, it felt strange to step away from my usual routines: scrolling through TikTok, checking emails, and using apps to stay productive and connected. But as I continued the practice, I noticed how

much calmer and more focused I felt. I found myself more present, whether I was walking, journaling, or spending time with my niece.

The benefits were clear. I felt more grounded, creative, and connected to my surroundings. I realized how much I rely on technology to decompress, but also how much joy I can find in simple, screen-free moments. The negatives of powering down were minor missing a few messages or feeling slightly behind but they didn't outweigh the positive impact. Studies suggest that taking regular breaks from technology can reduce stress, improve focus, and enhance emotional well-being, and I experienced those effects.

This experience reminded me of the value of intentional living. It's easy to fall into digital habits, especially after a long day, but choosing to unplug gave me space to recharge in a more meaningful way. I felt more in control of my time and more attuned to my own needs. Moving forward, I plan to build in more tech-free moments not just for self-care, but to stay connected to what truly matters: relationships, creativity, and emotional balance.