Digital Dementia, Digital Detox, Stress and
The Importance of Mindfulness in the 21st Century Information Age

American Journal of Health Promotion
April 1, 2015, San Diego, CA

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Digital Dementia, Digital Detox, Stress and The Importance of Mindfulness in the 21st Century Information Age

Summary: The topic of mindfulness is gaining great receptivity in the American culture, and not by coincidence, a parallel use of screen technology. Experts from MIT and Stanford University are now expressing concern with our love affair with technology (known as FOMO: Fear of missing out and Digital Dementia), citing and increased compromise of cognitive skills including short term and long term memory, attention span and critical thinking. Enter the age of Mindfulness, an ancient practice to quite the mind with sensory overload. This presentation examines the science of “screen addictions”, FOMO, mental paralysis at the worksite, as well as the newest research of neuroplasticity; regeneration of brain tissue produced from mindfulness meditation and relaxation.

Learning Objectives:
1. Explain the relationship between digital toxicity and compromised cognitive skills.
2. Define the terms “neuroplasticity” and “mindfulness meditation”
3. Demonstrate an experience of mindfulness for daily practice

Key Points:
1. Culture of Distractions
2. Digital Burnout …Compromised attention spans .. Digital Toxicity
3. Screen Addictions, the new Social Addiction
4. FOMO and Digital Dimentia
5. Techno Stress, Mental Paralysis
6. Digital Toxicity and insomnia: Effects on the Pineal Gland
7. Mindfulness Meditation as a form of digital detox
8. Neuroplasticity, for better or worse

Breakout Session Outline

0-05 mins  Introduction
05-35 mins  Digital Detox, FOMA and the Practice of Mindfulness
35-50 mins  Tips & Suggestions to
50-60 mins  Mindfulness Experiential session
60—65 mins  Q&A

Presentation Method: Keynote (Powerpoint), discussion and Q&A
References and Resources

Callahan, M. This is your Brain on the Internet. Boulder Weekly, January 10, 2013


Della Cava, M. Attention Spans Get Rewired. USA Today Wednesday August 4th, 2010


Garrett, T. Canyon News, Lack Of Civility In America Brought To Light, Sept. 19, 2009


Mindfulness References


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While A. Mindfulness: Me-Time counts. British Journal of Community Nurses. 11:570, 2010


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