

Digital Health Presentation Summary

Sick of constantly checking your phone? Find yourself scrolling through Facebook only to see disturbing images and tragic news? Tried to enjoy a dinner with friends who stared at their screens the whole time?

Then you've probably experienced bursts of what Mark calls "i-Drenaline"—the 21st century neurotoxin that's robbing us of the peace, joy and meaningful connections we all crave. In Mark's uplifting talk, he'll explore how your devices impact your mind, body, & spirit and offer ways to improve your digital health.

Audience Takeaways

Mark's mission is to help people defeat distractions and interruptions in order to become *Purposely Connected* to their work and the people around them. With today's connected culture, it's hard to create healthy boundaries with our cell phones and devices. Here are some of the benefits audience members can expect:

Learn How To

- Create healthy digital habits at work and home
- Find time in your day to relax and meditate
- Better manage email overload
- Reduce employee burnout, which increases productivity
- Discover other ways to stay digitally fit in order to focus on your own well-being

Additional Links

Mark's Website

<http://markostach.com/>

How To Tell If you Need a Break from Your Phone

<http://markostach.com/how-to-tell-if-you-need-a-break-from-your-phone/>

5 Ways to Improve Your Digital Health

<http://markostach.com/wp-content/uploads/2017/04/Digital-Health-Accountability-Partner.pdf>