LEAN BODY SECRETS!

Slimming Snacks & Ab-Toning Moves

SCORE DEWY SKIN FOR SPRING

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SOCIAL MEDIA RUINING YOUR LIFE?

HOW TO CRUSH FOMO & RESTORE CALM

Buh-Bye, Belly

BEAT BLOAT FOR GOOD

Maggie Q!
The Designated Survivor star on how to go vegan, rescue a puppy, and embrace your inner badass
From the editor

I live with a constant reminder that I need a digital detox:

the throbbing, persistent pain that stretches from the back of my neck, across my right shoulder, and down my right arm. For years—or at least since the dawn of the iPhone—this ache has been the physical background noise of my life. Sure, that magical handheld device makes my overscheduled life possible. But it also pulls me into the far reaches of news sites and the deep swamps of social media. And all that tapping and swiping and looking down at my phone adds up to a tangle of gnawing aches. I know I need a break, and yet I find it almost impossible to do away with my bad tech habits.

As Danielle Friedman writes in “Do You Need a Digital Detox?” on page 102, the average person spends upwards of 11 years over the course of a lifetime staring at the blue glow of little screens. I’m always complaining about not having enough time for my kids, husband, friends, exercise, meditation—you name it. But when I read that stat, I realized I have a lot more time than I think I have.

Which is not to say tech is bad, or that I plan to toss my iPhone. (I love Instagram too much for that.) But our detox package got me thinking. Do I need to spend the precious hour after my kids go to sleep in bed lost on the Web? No, I should be reading an actual book, talking with my actual husband, or getting some true rest. Rest that’s not interrupted by the blips and bleeps of my beloved—if problematic—smartphone.

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We know social media can give us FOMO and make us feel like our lives are boring and unglamorous. Enter @womenirl, an Instagram account that offers a refreshing (and often hilarious) break from social media perfection by posting totally unfiltered images of real-life moments. Follow the account, hashtag your messy life photos #womenirl, and chuck those impossible ideals.
DO YOU NEED A DIGITAL DETOX?

Spoiler Alert: Definitely YES!

By Danielle Friedman
FROM WATCHES
that ping when you’ve got a new text
to the Instagram feeds you can’t
stop scrawling through all the
freakin’ time, there’s no denying
that we’re more plugged in
than ever before. This level of
connectedness has benefits—it’s
simple to stay in touch with friends
and family; you can express yourself
on social media; multitasking is
easier—but there are also some
pretty serious drawbacks. Staring at
our devices may be pleasurable in
the moment, but “pleasurable
behaviors are addictive,” says David
Greenfield, PhD, assistant clinical
professor of psychiatry at the
University of Connecticut School of
Medicine and founder of the Center
for Internet and Technology
Addiction, and they come at a cost.
And thanks to our ever-present
electronics, research shows that the
average American’s attention span
has dropped over the past decade
from 12 seconds to a mere eight—
shorter than the attention span of a
goldfish. One study from the
American Psychological Association
found that nearly one-fifth of people
say technology is a source of stress.
Then there are the potential
physical effects of being “always on,”
from neck pain (and wrinkles) to
raised blood pressure.

But giving up all your screen time?
It’s just not practical. Thankfully,
experts agree that you don’t have
to break up with your phone
completely—you just have to relax
your death grip on it. Here, those
experts will guide you to a more sane
relationship with your tech.

7 WAYS TO DETOX
WITHOUT GOING OFF
THE GRID
The key to staying sane in our
hyperconnected world is adopting
healthy and sustainable habits
around the way we use tech so that
you are in control of it (rather
than the other way around).

■ TURN OFF PUSH
NOTIFICATIONS
Getting constant updates
on what’s happening in the
world is informative—but
it can also be distracting.
“If you’re allowing yourself
to get interrupted five
times in a half an hour,
you’re never actually
focused in that time,” says
Jesse Fox, PhD, head of
Ohio State University’s
Virtual Environment,
Communication
Technology, and Online
Research (VECTOR) Lab.
One easy fix is to turn off as
many notifications as you
can live without.

■ CONVERT TO
BLACK AND WHITE
One reason our devices
are so alluring is that
they’re vibrant. Go retro,
recommends Greenfield.
Many smartphones now
allow you to change the
settings so the entire phone
appears in gray scale.

■ PUT AWAY YOUR
PHONE DURING MEALS
It’s a common sight at
restaurants: a gleaming
smartphone next to the
bread basket. And yet,
research shows that, even
if we’re not checking our
phone, simply having it on
the table during a convo
can reduce the quality of
the interaction—our brains
are just waiting for it to light
up, and as a result, we are
not fully present. “The more
energy we direct toward
our devices, the less energy
we’re directing toward
whoever is in the room
with us,” explains Elisabeth
LaMotte, a licensed clinical
social worker and founder
of the DC Counseling and
Psychotherapy Center.

■ DESIGNATE
TECH-FREE HOURS
Many of us feel “naked”
when we’re without our
devices, but taking breaks
from technology can do
wonders for our well-being.
“Start by designating a
certain time each day that’s
technology-free—like when you’re
eating lunch,” says Adam
Alter, PhD, a professor
at NYU and author of
Irresistible: The Rise of
Addictive Technology and
the Business of Keeping Us
Hooked.” Then see how you
feel after a week or so. Most
people feel happy with the
change, and they go on to
expand it.”

■ MAKE YOUR
BEDROOM A NO-TECH ZONE
“Most people use their
phone for an alarm clock,”
says Dr. Greenfield. But
when you reach for your
phone to switch it off, it’s
easy to start scrolling
through Twitter. In fact,
it's best if you can leave your phone outside the bedroom at night and invest in an alarm clock. Also: If you're getting cozy with your cell in bed, it's less likely you're getting cozy with your partner, says Jennifer Taitz, PsyD, author of How to Be Single and Happy. Make your bed a device-free zone and invite greater opportunities for intimacy—and sex. Oh, and you'll also sleep better. Screens' blue light tricks our brains into thinking it's daytime, which makes it harder to drift off.

- **REDISCOVER PAPER**

If you've ever noticed that reading a book feels more satisfying than reading a tablet, you're not imagining things. Not only do books offer fewer distractions, but research suggests that when we read on paper, our minds process abstract information more effectively. Additionally, consider getting your news from a newspaper, says Gretchen Rubin, bestselling author of The Happiness Project and Better Than Before.

- **LIMIT YOURSELF TO ONE SCREEN AT A TIME**

When we're attempting to work (or, say, watch The Bachelor) and we start scrolling through Instagram, our brains go a little haywire. “Multitasking is really bad for us,” says Fox. “If you are focusing on a task and you get distracted—like, oh, I’ll just click over to this other window or I’ll just look at this text message—it takes several minutes to recalibrate our brains back to the original task.” Make a habit of only looking at one screen at a time to improve concentration—and, in some cases, enjoyment.

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**IS SOCIAL MEDIA MAKING YOU 😊 OR FEEL LIKE 😞 ?**

Facebook and Instagram help us to connect with people in unprecedented and truly gratifying ways. But research shows that the more time we spend on social media, the worse we feel. That's not surprising, given the fact that we see only a heavily curated version of friends' and celebrities' lives, which can be toxic for self-esteem. How can we stay on social while also staying healthy?

Fox, who studies the impact of social media on society, says the key is to be proactive about who and what you follow. “Think about what—and who—makes you feel bad,” she says. “And what makes you feel good.” From there, clean house—don't be afraid to block, mute, unfollow, or delete, until you've created a list of connections who make you laugh and smile and fill you with happiness.

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**YOUR NEW SECRET WEAPONS**

It seems counterintuitive, but these apps can actually help you cut back on, well, all things digital.

- **MOMENT**

For many of us, checking our phone has become so automatic, we don't even think before doing it. The Moment app can track how often you use your iPhone and iPad each day and also lets you set daily limits.

- **FREEDOM**

Don't trust yourself to avoid Facebook while you're working? This app lets you block whatever sites distract you on your mobile device or computer, with the goal of helping you focus.

- **OFFTIME**

Available on Android, this app allows you to selectively block calls, texts, and notifications. (An iPhone's “Do Not Disturb” setting offers a similar service.)

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**YOUR BRAIN ON A SMARTPHONE**

Plenty of us feel addicted to our phones—and for good reason. Checking our devices activates the reward circuitry in the brain, triggering the body to release a hit of the “pleasure hormone” dopamine, which is exactly what happens when we gamble, says Dr. Greenfield.
#NOTECHTRAVEL

A burgeoning number of rural getaways can help you disconnect from your phone and reconnect with yourself. Here are a few that caught our eye.

**TIME TO LOG OFF**

This British group organizes retreats across the United Kingdom and Europe in areas of outstanding natural beauty (like Somerset, England, and southern Italy) where guests trade in their phones for mindfulness workshops, yoga, and quiet time. Learn more at itsitimetologoff.com.

**JACADA TRAVEL**

Enjoy the beauty of Africa—without distractions! This company sets travelers up on safaris in remote areas of Zambia, Botswana, and Kenya, where there is little to no phone coverage. You’ll be forced to unplug and be present in your stunning surroundings. Book a trip at jacada.travel.

**SOUL CAMP**

If you attend a summer camp for grown-ups but don’t share it on Instagram, did you really go? The organizers of these nostalgic retreats in New York and California—complete with cabins, mess halls, and arts and crafts—strongly discourage technology during your stay. Get additional info at www.soul.camp.

**WHEN TECH ATTACKS**

The average American spends nearly half of every day staring at a screen, and sometimes our bodies pay a price.

**The problem:** DIGITAL EYE STRAIN

Tons of time spent staring at a screen can cause dryness, blurred vision, and headaches.

**The fix:** Follow the 20-20-20 rule. For every 20 minutes you look at a screen, look up and at an object 20 feet in the distance for 20 seconds. Also, don’t forget to blink!

**The problem:** TEXT NECK

Long periods of staring down at a small screen can lead to muscle pain, pinched nerves—even a morphed neck! It can cause wrinkles, too.

**The fix:** Skip the bent neck and hold your phone higher so you can look at it straight on.

**The problem:** SMARTPHONE THUMB

That perma-bent texting position can cause inflammation, irritation, and pain.

**The fix:** Take regular breaks from your phone and mix up the way you type, using different fingers.

**CHECK OUT THIS "DUMB PHONE"**

If you love the sleekness of the iPhone but don’t love its endless temptations, consider springing for the Punkt MP01. This elegant “dumb phone” from Switzerland—priced at $295—offers the basics: texting and calling. Hello, 2001!