

# How Unplugging Can Help you be Happier and Healthier

## Are you ready to live life unplugged? Take the challenge and see!

Friday March 3rd is National Unplugged day and we look at ways unplugging for a day can help to reduce your carbon footprint, improve your well-being, strengthen relationships and even save you money!

### Cellphones

Your phone usage can negatively affect your life in a number of ways. Taking some time to unplug can help you to focus, relieve stress and improve your performance at work and at school. A [recent study](#) found that students who turned off their phones during class wrote down 62% more information and were better able to recall things that they had learned. On tests, the students who unplugged scored a full letter grade and a half higher than students who did not.

A study from [Kent University](#) found that students who used their mobile phones more often had higher levels of anxiety and lower levels of satisfaction with life.

### Social Media

[Researchers from German Universities](#) found that browsing Facebook photos of friends on vacation or being successful can make us feel unhappy. Study author, Hanna Krasnova: "We were surprised by how many people have a negative experience from Facebook with envy leaving them feeling lonely, frustrated or angry."

A [2016 study](#) by the University of Pittsburgh School of Medicine found that participants who spent a lot of time on social media had 2.2 times the risk of body image issues. Girls were also more likely to post images [related to their bodies](#) while boys posted about their achievements. For girls, this carried a higher risk of anxiety and body image issues.

### Vampire Loads

Even when they are on standby, your appliances are drawing power. In fact, these 'vampire loads' account for up to [10% of most residential electricity bills](#). Unplug your cellphones, tablets, computers and even appliances, when you are asleep or away from home to save money. For a more convenient solution, get [power bars](#) with timers on that will turn off your personal devices for you.

A [2010 study](#) found that friendships have a positive impact on our life. Maintaining healthy social ties can

be as advantageous as regular exercise or quitting smoking. Instead of spending time on social media, see your friends in person, spend time reconnecting with old friends and relatives and enjoy in-person social events on National Unplugged Day.

A [Stanford University](#) study found that walking in nature improved student's ability to focus and made them happier. Spending time in nature [has been shown](#) to reduce fear, stress and anger while improving physical wellbeing. Unplugging means you have more time to go for a walk in the park, in the woods or around your neighbourhood. Unplug and take in the scenery!

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