

THE EXTRA POINT

BY JERRY ROBERTS



185 Could You Disconnect For a Week?

Could you turn off all your devices for a week? I'm Jerry Roberts and let's find out about a guy who did, today, on The Extra Point.

Most of us are prisoners of our phones. They ring or buzz, we jump. FOMO, the fear of missing out, has taken over our lives.

So, we're often intrigued by stories of people who have decided to disconnect. How about for a day? No problem? A weekend? You're good with that? How about a solid week?

I just caught a story of a guy, let's call him George, who makes his living on the internet. He's connected from the moment his eyes open in the morning to the time they close at night. That's 16, 18 hours a day, seven days a week. He's available on his social channels almost all the time.

After a recent minor surgery his doctor advised George to rest, that he could do some work but should cut back on social media commitments. Instead, George decided to do something extreme. He decided to be "non-accessible" for seven days. He would divorce himself from all devices. He disconnected his Internet and switched off his phone.

No social media, no emails, no texting, no radio, no TV, no newspaper, no Netflix, no books. No nothing. He consumed no information.

George took walks, played with the dog, talked to people on the street, made his meals from scratch, dusted off his guitar and harmonica for the first time in years, visited his parents, did the landscaping in their backyard that he'd promised three years ago — and wrote overdue letters to friends. An actual letter, ink on paper. Then he did something he hadn't done for over 20 years. He bought postage stamps and mailed the letters.

So, after the week, what conclusions did George reach? he said this:

1. It allowed him to think clearly and deeply.
2. That constantly checking emails and social media, or responding to notifications comes at great cost — lower productivity.
3. That just being busy doesn't mean you're producing any real value. We might look busy and feel busy, but often we're just spinning our wheels.
4. And this one should get your attention. That distractions waste far more time than we think, and little by little, we lose our ability to focus. Repeating that, we lose our ability to focus.

And George enjoyed more benefits in his week off from being connected.

5. He didn't feel bored like he usually did, when he felt there was nothing going on.
6. He didn't need his phone next to him all the time. He could actually stand in a grocery line without pulling it out.

He was rested, had incredible energy, felt he had accomplished a ton of things on his sabbatical from devices, and said his creativity has been renewed.

Okay, could you do this on your next vacation? I gotta tell you...I'm thinking about it.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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