

SPORTS BRAS
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Health
**BEST HOME
BUYS 2018**

LEAN BODY SECRETS!

SOCIAL MEDIA RUINING YOUR LIFE?

HOW TO
CRUSH FOMO
& RESTORE
CALM

**Slimming Snacks
& Ab-Toning Moves**

Buh-Bye, Belly

BEAT BLOAT FOR GOOD

SCORE
DEWY
SKIN
FOR
SPRING

Maggie Q!

The *Designated Survivor* star on how to go vegan, rescue a puppy, and embrace your inner badass

NEXT-
LEVEL
SALADS p. 96

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 all 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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Doesn't matter what they look like as long as they taste good! (via @levyse) #WomenIRL



Same @twigyposts. #womenirl

WE HAVE MORE TIME THAN WE THINK WE DO. BUT ONLY IF WE PUT DOWN OUR PHONES.



Had too much fun this weekend. Will sleep on anything. Including shoes and cats. (via @court.castle) #womenirl

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 scrolling 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 elevated 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.

WHAT THE CELL?

A look at just how much time the average person spends on a smartphone.

11

The number of years a person will look at his or her phone over a lifetime, according to data from the makers of the Moment app

30

The average number of days per year women spend playing games on their phone, per a U.K. study

47

The average number of times per day we check our phone, per a 2017 study

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).

1 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.

2 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.

3 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.

4 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 tech-free—like while 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."

5 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.

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.

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.

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.)



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.

#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 itstimetologoff.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 jacadatravel.com.

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.

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!