



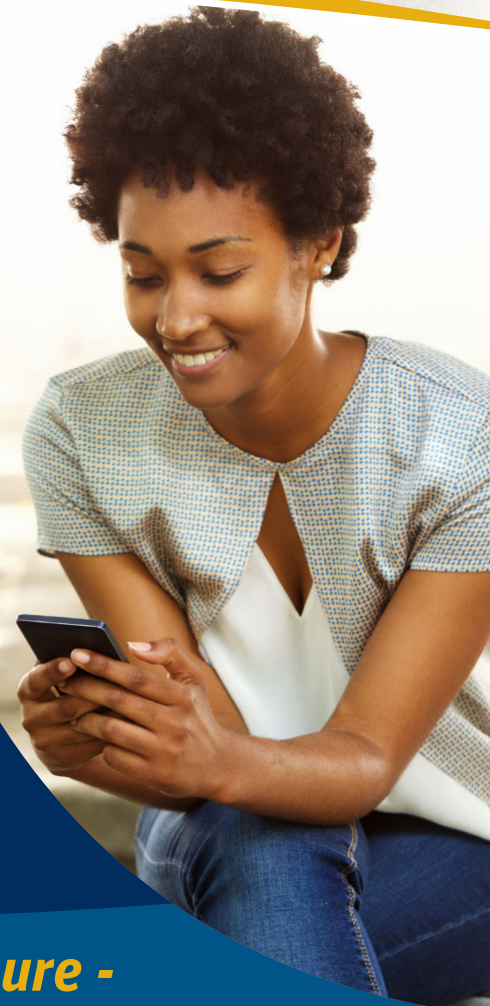
Are your smartphones taking away your leisure time?

Imagine a scenario - you're home from work and now it's time to relax. You go for a walk, enjoy a shower, connect with your family over dinner and then sit down to enjoy a good show on television. It's the picture of a relaxed everyday evening after work. You're just getting relaxed and then your smartphone pings a few times. You get distracted with the urge to check your notifications.

This is how technology (especially mobile devices) has started interfering in our leisure time. We manage our texts, emails and social media feeds in the time designated for rejuvenation. This constant urge to check our devices in our 'me time' is called time traps. We might think that we are multi-tasking but it comes at a significant price – the price of our leisure time.

Say for example you take out 30 minutes for watching your favourite show and meanwhile you check a few work emails taking up two minutes, a few social media notifications for about a minute, replying to texts for two minutes or something similar. Even if you check your phone at varied intervals during your designated leisure time, it reduces at least five minutes from your time.

Five minutes may not seem like much, but factor in the time to refocus on that good book, craft activity, TV show or conversation you were enjoying and it's significant. A University of California study found that it can take up to 23 minutes to completely refocus and immerse your attention. No wonder many of us feel that we no longer have time to relax!



Getting intentional with leisure - tips to overcome time traps

Checking your smart devices while enjoying your 'me time' might initially not feel like a drain but the habit tends to take a toll on you by creating frequent distractions and making you feel tired instead of feeling rejuvenated. Here are a few tips on how you can regain your leisure time.



Self-control is the key to overcoming time traps and ensure our leisure time remains fit for purpose. Think about your use and the ways that you can reduce the temptation to check your phone.



Try a switch on and switch off mode. And your leisure time should fall under your switch off mode.



Turn off your notifications! Keep them on only for important apps.



Another great tip is to keep your charging spots away from your lounges, dinner tables or bedrooms.



Adhere to a no-phone rule for leisure times like family dinners, TV viewing and spending time with children.



Create auto-reply messages for after-work hours, especially for work related emails.



Once you make a rule for yourself, practice it for a 30-day period to overcome your time trap urge.



Ride your way to good health

It's Spring, and the perfect time to hop on your bike. There's less rain, the days are getting longer, plus it's not too hot. Cycling provides plenty of benefits from improving cardio capacity and overall fitness to releasing stress and bonding with friends and family.

So the next time you're catching up with friends or family, replace brunch with a bike ride and coffee, or look at how you can commute to work one or two days a week on your bike. Your body and mind will thank you for it.

Bike benefits

- Lowers the risk of heart related diseases such as high blood pressure, cardiovascular disease and stroke. It strengthens your heart muscle thus improving your cardiovascular fitness
- Build your muscles and makes you stronger and fitter.
- Perfect for all ages and abilities because it's a low impact sport.
- Linked to improved mental health as it helps ease stress and anxiety levels.
- Enhances general balance and coordination, which is beneficial to everyone, especially our ageing population
- Cycling can help lower your body fat levels
- Improves social wellbeing as it helps people spend more time with their friends and family.



Fresh fruit frozen slushy

Keep cool and hydrated with this refreshing drink this spring and summer. Perfect for a hot afternoon, this drink will keep kids happy too.

Tip – Perfect way to get your daily two serves of fruit.

Serve 1/ 10 min prep

Ingredients list

- ▶ 2 cups frozen fruit – your choice (strawberries, peaches, pineapples, mangos and watermelon)
- ▶ 1 tablespoon honey (you can also use maple syrup, corn syrup or agave)
- ▶ 1/2 cup water

Method

- ▶ Cut 2 cups of varied fruits and freeze them in small bags in the freezer.
- ▶ Add frozen fruits, honey, and water in a blender.
- ▶ Blend thoroughly while adding an additional 1/4 cup of water if needed.
- ▶ Serve immediately for a slushy you can scoop with a spoon
- ▶ You can also let it rest for 5-10 minutes if you wish to sip through a straw.
- ▶ Sit back and enjoy!



Lvl 3, 170 Railway Parade,
West Leederville WA 6007

(08) 9483 8888  lgisw.com.au

The information in this document is general in nature and is not intended to be relied upon as advice regarding any individual situation and should not be relied upon as such.

This information is based on sources we believe to be reliable but we make no representation or warranty as to its accuracy.

No part of this document may be reproduced or transmitted in any form by any means, electronic or mechanical, including photocopying and recording, or by an information storage or retrieval system, except as may be permitted, in writing, by LGIS.

LGIS is managed by JLT Public Sector, a division of JLT Risk Solutions Pty Ltd (ABN 69 009 098 864 AFS Licence No: 226827) ("JLT") and a business of Marsh McLennan.

© 2022 JLT Risk Solutions Pty Ltd. All rights reserved. LCPA 22/187.

The LGIS WorkCare Services team are specialist health and wellbeing professionals.

Contact the team on 9483 8888 for more information on our health and wellbeing services.