

UNPLUG & REBOOT (FOR REAL THIS TIME)

The Brahma Kumaris

Modern life rarely slows down. Between notifications, social media and constant connectivity, many people spend more time staring at screens than engaging with the world around them. While technology has made life easier in many ways, it has also made it harder to truly switch off.

There was a time when a phone buzzing wasn't treated like an emergency. Now, though, most of us react instantly. The second there's a quiet moment, a hint of boredom or even mild discomfort, out comes the phone.

It's become automatic. And honestly, it's not difficult to see why. School, work, entertainment and social interaction all happen online these days. Young people, especially, are expected to stay connected almost permanently.

Technology itself isn't the problem. Nobody's suggesting we throw our phones away and disappear into the bush without WiFi. The issue is balance. Somewhere along the line, screen life started replacing real life instead of simply complementing it. We've forgotten how to switch off properly.

SO WHAT'S ACTUALLY HAPPENING?

The conversation about screen time has been ongoing for years, but most people barely pay attention anymore. The real issue isn't just how long we spend online. It's what constant connectivity does to the mind. Notifications never stop. Social media keeps demanding attention. There's always another message, another video or another update waiting to pull you back in.

That constant stimulation trains the brain to crave more of it. Social media also gives quick dopamine hits, which is why being away from your phone can feel uncomfortable. Then there's the pressure that comes with staying online all the time, whether it's keeping up with trends, replying immediately or trying not to miss out. It's exhausting when you really think about it.

Ironically, even though we're more connected digitally than ever before, genuine human connection often feels weaker. Likes and views can't replace proper conversations or real friendships.

THE REAL MEANING OF "UNPLUG AND REBOOT"

That's where the idea of "Unplug and Reboot" comes in. It's not about abandoning technology altogether. It's simply about stepping away from the noise long enough to reset your mind and regain some balance.

The good news is that it doesn't require a dramatic lifestyle change. Small adjustments can make a surprisingly big difference. Start by taking short breaks from your phone during the day. Even ten minutes without notifications gives your brain a chance to breathe.

Spend time doing something offline simply because you enjoy it. Go for

a walk, read a physical book, cook something or spend time with friends without everyone staring at a screen. Setting boundaries also helps. Avoid scrolling first thing in the morning and try not to use your phone right before bed. Those first and last moments of the day affect your mental state more than most people realise.

It's also important to let your mind slow down occasionally. Modern life pushes us to stay busy every second of the day, but constantly consuming information leaves very little room for reflection. Oddly enough, boredom still serves a purpose. It encourages creativity and gives your mind space to think independently. In a world increasingly shaped by artificial intelligence and automation, imagination and original thought remain incredibly valuable.

Taking time to unplug isn't just about reducing screen time. It's about reconnecting with yourself again. It helps you think more clearly, feel more present and strengthen genuine relationships away from the digital world.

Most importantly, it reminds you that your value isn't measured by notifications, followers or online validation. Real confidence comes from how you live, how you grow and how you treat the people around you.



So when next life feels overwhelming or mentally cluttered, try something simple. Put the phone down for a while, step away from the screen and give yourself the chance to unplug and reboot properly. 📵

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