

# DISCONNECT to *Reconnect*



Prepared for UBCLC by  
Decolonize and Rize



# Land Acknowledgement



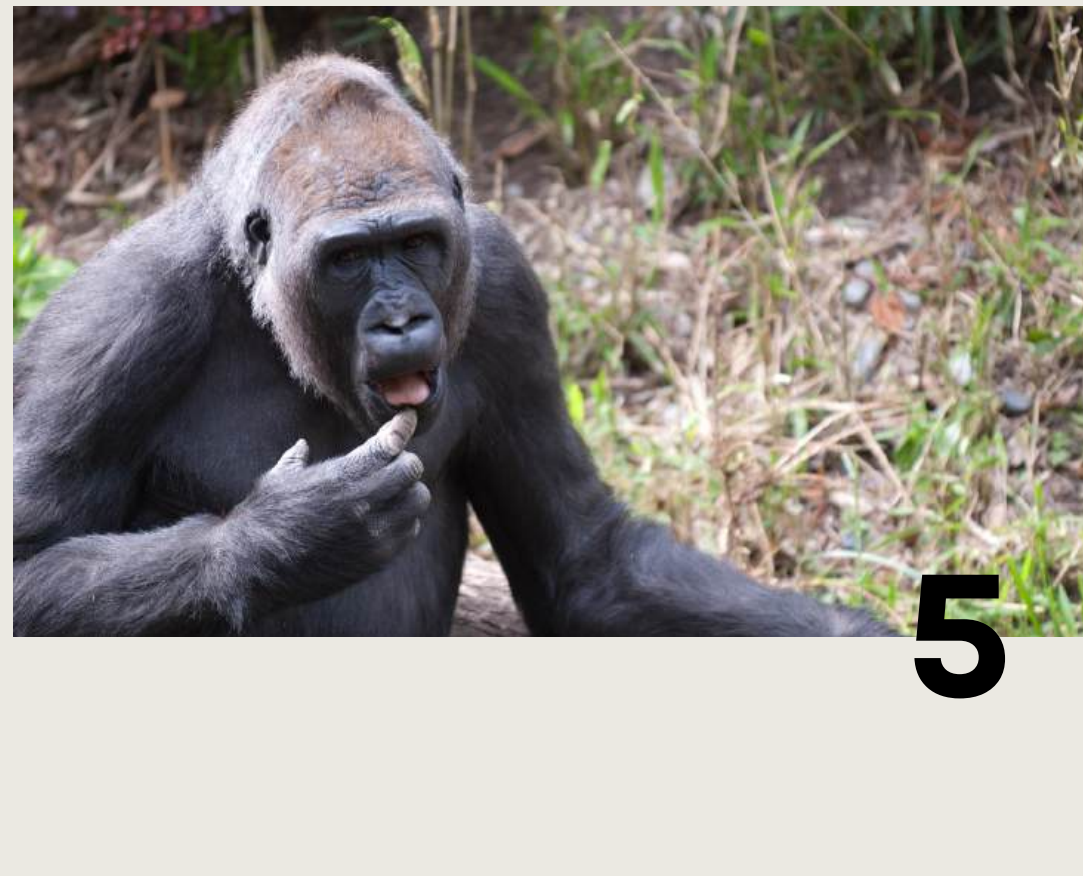
# Meet The Co-Founders and Your Facilitators



# Check-in

- Where are you tuning in from today?
- Which number best describes how you're feeling?

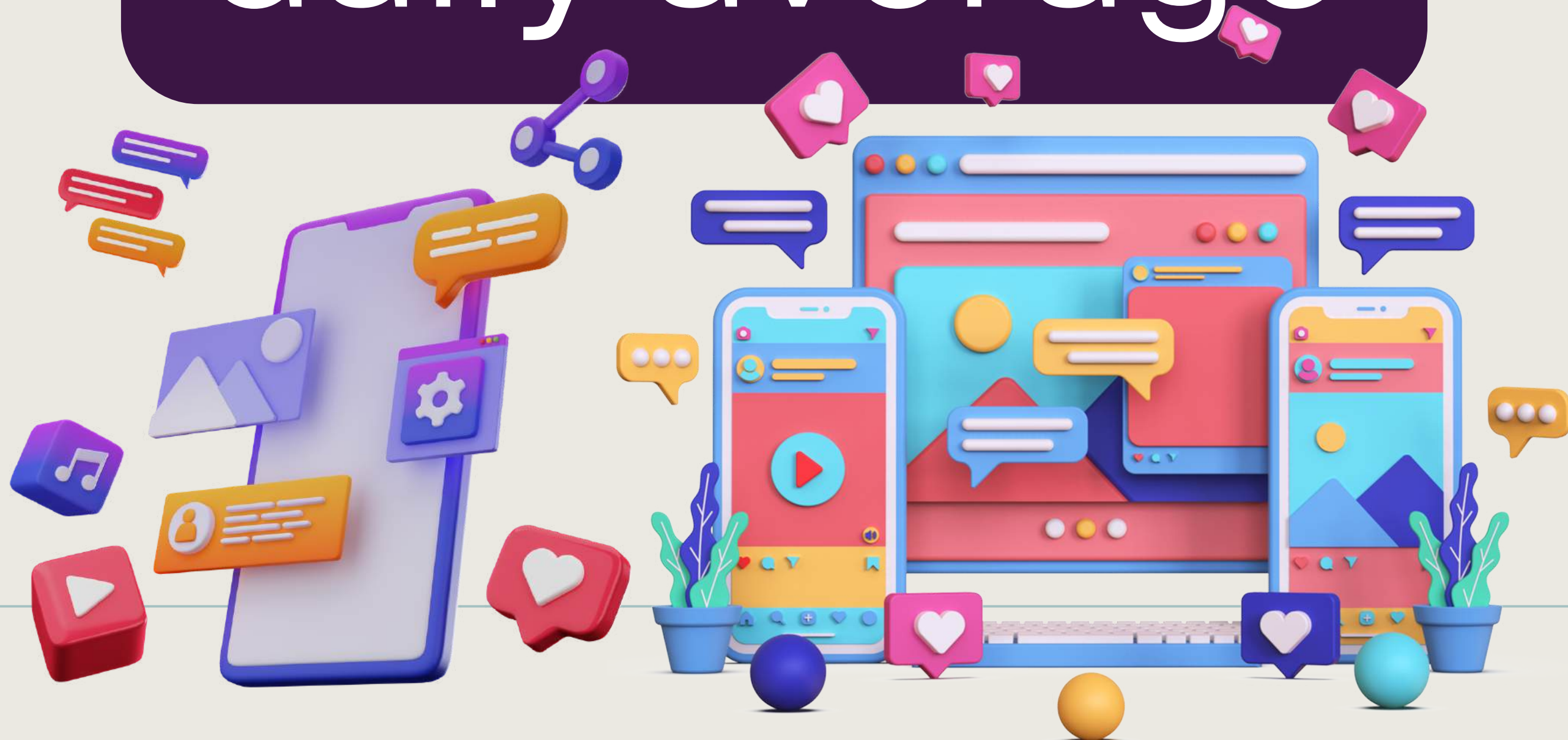




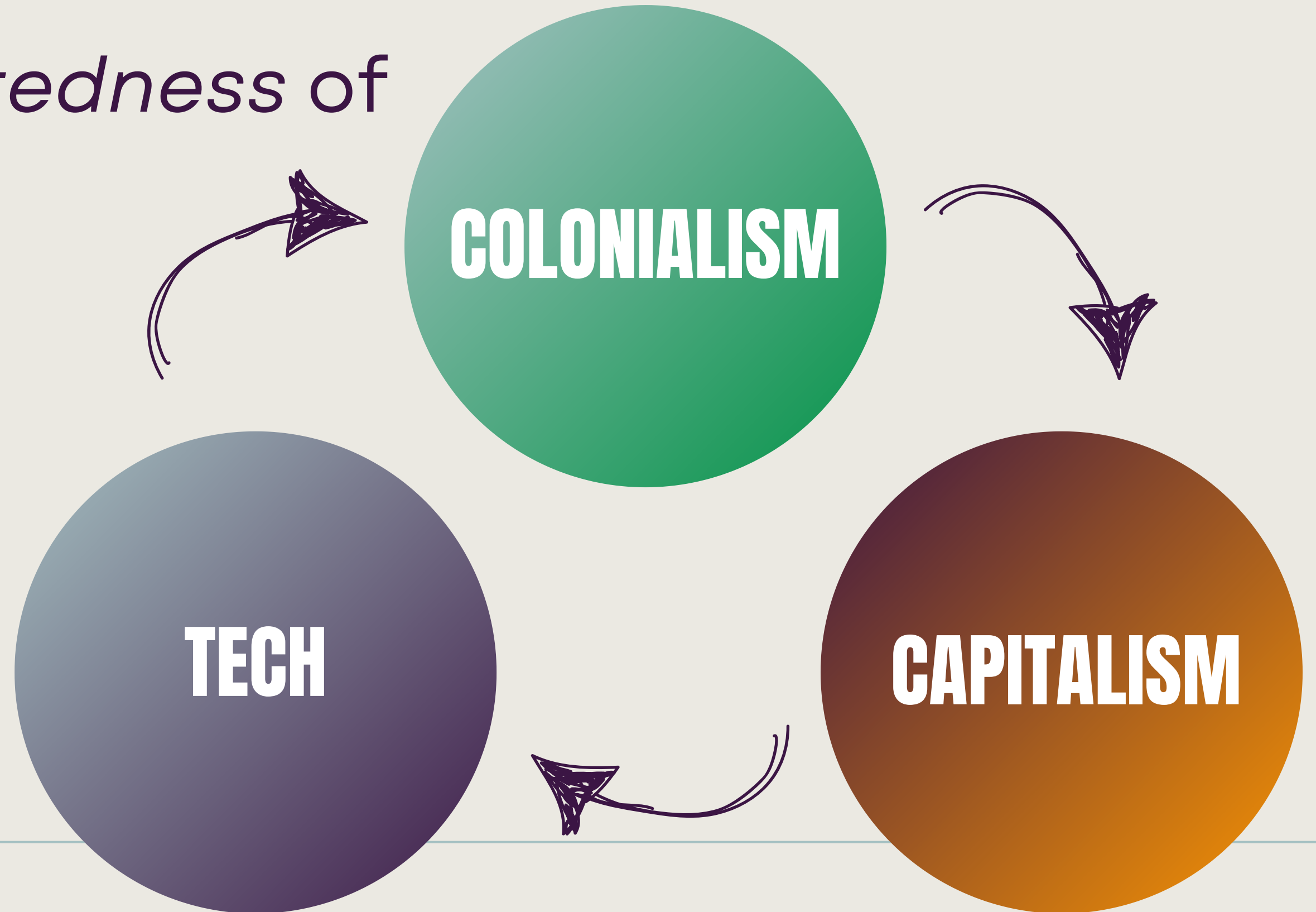
Remember to  
honour your  
needs



# Knowing your daily average



The *interconnectedness* of  
**COLONIALISM**  
**CAPITALISM**  
**AND TECH**



# Reflection Activity



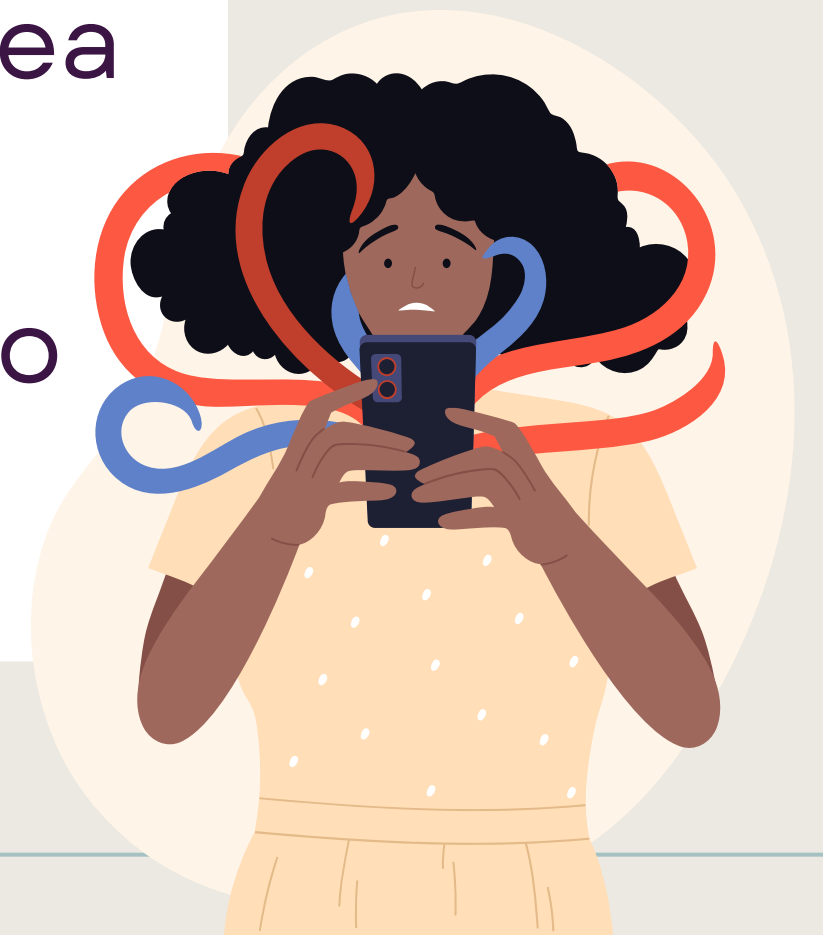
## Tech can impact our well-being by...

- Triggering dopamine addiction
- Causing information overload
- Inducing mental fatigue (ie. “switch-cost” effect)
- Draining our creativity
- Decreasing connection in relationships
- Causing a decline in mental health



## Tech can *also* impact our well-being by...

- Shifting the texture of your internal dialogue to one that is less perceptive, open, and empathetic
- Making it challenging to focus on one specific area of activism
- Creating a collective environment that's easier to manipulate



Is *busy* a part of your identity?



# Capitalism isn't just an economic system. It influences how we view ourselves and those around us.



What happens  
when we work  
less? 🤔



Rest is Resistance.



# Human Era (HE) timeline - 12,000 years of modern human history



**year 1000:** Possibly first city on Earth = Jericho



**year 5000:** Bronze era + creation of the wheel



**year 7000:** Major civilizations emerge (ancient Egypt, China, Minoans etc)



**year 9500:** What is known as Western culture begins



**year 11,750:** Industrial Revolution starts



**year 0:** First major temple constructed in Turkey

**year 2000:** Humans start using trade and domesticating animals/plants



**year 8000:** Many new cultures emerged, writing down their legends



**year 10,000:** Roman empire starts



**year 11,930:** Radio becomes mainstream



+300K years

+1000 years

+1000 years

+3000 years

+2000 years

+1000 years

+1500 years

+500 years

+1750 years

+180 years



# Human Era (cont'd) - Digital technology is a very new thing for us....



**year 11,990:** Internet becomes publicly available



**year 12,000:** 50% of Canadian households report having at least 1 internet user



**year 12,007:** iPhone released



**year 12,022:** 84% of Canadians own a smartphone

+40 years



**year 11,950:** TV goes mainstream

+8 years

**year 11,998:** Google founded



+2 years

+4 years

**year 12,004:** Facebook founded



+3 years

+5 years





# My Digital Detox

- What do you currently do to be mindful of limiting screentime (either personally or professionally)?
- What are some other ideas on how we can be more mindful of how digitally connected we are?

# So how do we disconnect?

## Professional:

- Remove all notifications from your phone
- Set boundaries around work communication
- Create a ritual to help you close the work day if you work from home
- Use the pomodoro technique to help with focus
  - ie. work for 25 minutes, take a 5 minute rest



# So how do we disconnect?

## Personal:

- Set boundaries around media consumption
- Identify tools, practices, relationships and hobbies that excite and inspire you
- Keep your phone in a different area of the house
- Remember your **why**: what do you gain by disconnecting?  
what do you lose by staying connected?



Explore seasonal foods. Maybe even grow some!

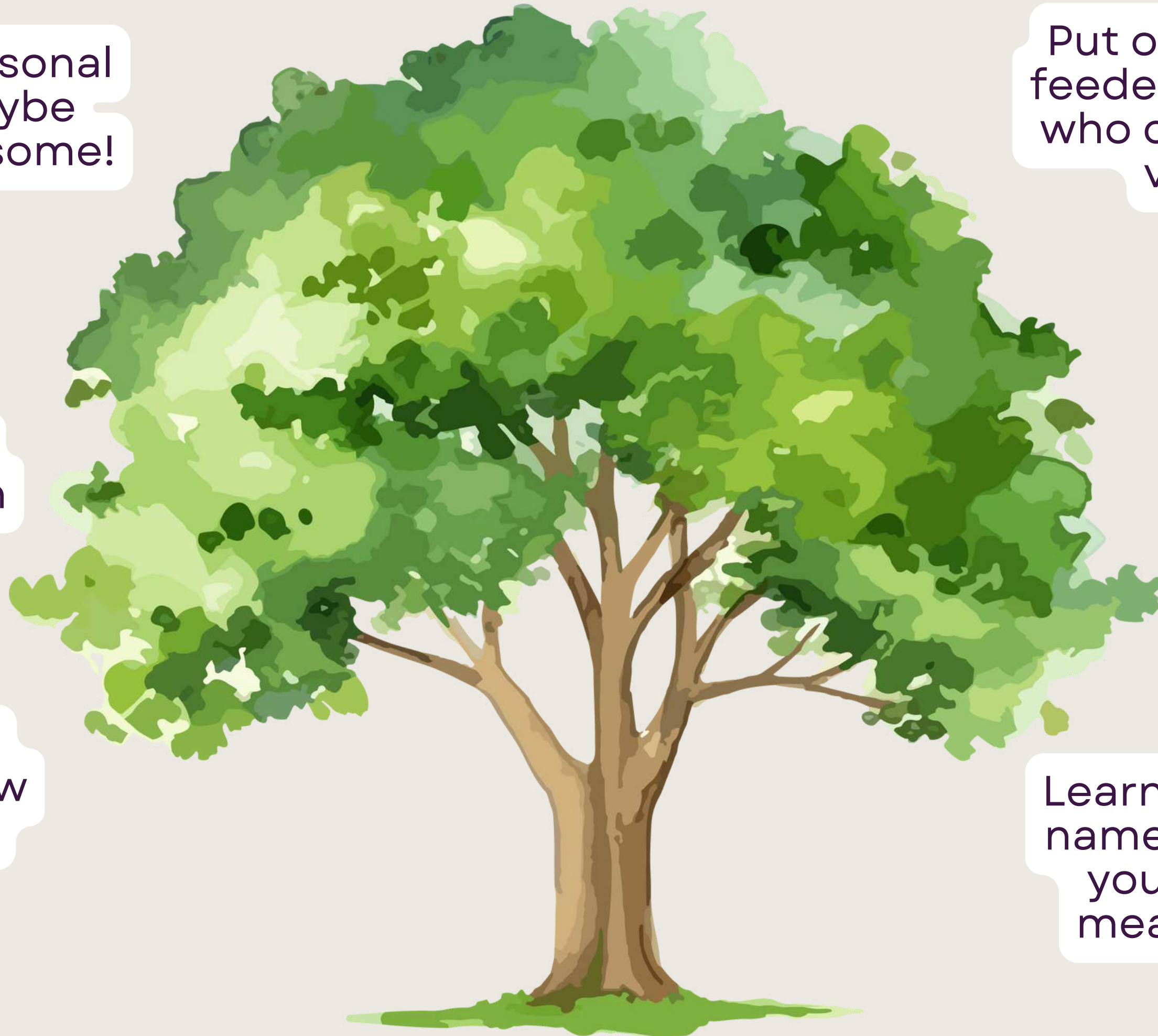
Put out a bird feeder and see who comes to visit.

Notice the changes in a specific area or tree each season

Spend time with water, whether on the land or in the shower.

Notice moon cycles and how you feel with each

Learn the traditional names of the places you visit and the meanings behind them



A sunlit forest with tall trees and a mossy ground. The sun is shining through the trees, creating a warm, golden glow. The ground is covered in green moss and fallen leaves. The trees are tall and thin, with some green leaves and some bare branches.

# **REFLECT AND SHARE:**

What will you pick up after today's discussion?

What will you put down after today's discussion?

# Let's stay connected

Sign up to receive our  
free Simple Well-  
Being Practices  
workbook



*“I am my silence. I am not the busyness of my thoughts or the daily rhythm of my actions. I am not the stuff that constitutes my world. I am not my talk. I am not my actions. I am my silence. I am the consciousness that perceives all these things”*

-Richard Wagamese

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# Maarsii | Miigwetch | Thank you

## Connect



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