



Unplugging From Social Media on Vacation? It's Tough at First



Taking a vacation from social media and digital technology while you travel can cause withdrawal symptoms, but a small study suggests you'll come to enjoy the offline experience.

The British study included 24 people. During their travels to 17 countries and regions, most unplugged from technologies such as mobile phones, laptops, tablets, social media and navigation tools for more than 24 hours. Their reactions before, during and after their "digital detox" were gathered through diaries and interviews.

Many had initial anxiety, frustration and withdrawal symptoms, but then increased levels of acceptance, enjoyment and even liberation, according to the study published Aug. 14 in the *Journal of Travel Research*.

"Many people are increasingly getting tired of constant connections through technologies and there is a growing trend for digital-free tourism, so it is helpful to see the emotional journey that these travelers are experiencing," said lead author Wenjie Cai, a lecturer at the University of Greenwich in London.

Researchers said there is growing demand for digital detox holidays.

"Our participants reported that they not only engaged more with other travelers and locals during their disconnected

travels, but that they also spent more time with their travel companions," Cai said in a journal news release.

The findings could be important for travel companies seeking to develop off-the-grid vacation packages, according to study co-author Brad McKenna, a lecturer at the University of East Anglia's Norwich Business School.

"Understanding what triggers consumers' negative and positive emotions can help service providers to improve products and marketing strategies," he said in the news release. "The trips our travelers took varied in terms of lengths and types of destinations, which provides useful insights into various influencing factors on emotions."

McKenna noted that some participants enjoyed being offline right away or after a brief adjustment, and others took longer to accept it.

"Many also pointed out that they were much more attentive and focused on their surroundings while disconnected, rather than getting distracted by incoming messages, notifications or alerts from their mobile apps," he added.

However, the study found there was a downside: Many participants were overwhelmed when they saw all the incoming messages and notifications received while they were away.

More information: The Henry Ford Health System offers ideas on how to take a break from digital technology. <https://www.henryford.com/blog/2018/04/need-a-digital-detox-5-tips-to-unplug>

Source: *Journal of Travel Research*, news release, Aug. 13, 2019





Roasted Root Veggies Make a Hearty Winter Soup



Dense root vegetables such as sweet potatoes and parsnips benefit from roasting. They sweeten as they cook, making for healthy comfort food during cold winter months.

Follow these general steps for any hard vegetables: Start by cutting them into uniform pieces, so they'll roast and brown evenly. (Otherwise, you can end up with either burnt or under cooked pieces.) Next, toss the vegetables in a healthy cooking oil like olive oil, and sprinkle lightly with salt, which helps to bring out their sweetness.

Line a baking sheet with parchment paper to prevent sticking. Then spread the vegetables evenly so that all pieces will brown at the same rate. Roast in a preheated 400-degree oven for about 45 minutes or until tender. The high temperature is key to bringing out the sweet flavor – plus it gets dinner on the table faster.

Serve roasted veggies as a side dish instead of pasta or white rice with your favorite protein like chicken, or blend with broth for this fast and rich-tasting soup to take the chill off a cold evening.

Roasted Vegetable Soup

Yields: 4 servings

2 sweet potatoes

4 parsnips

4 carrots

1 tablespoon extra-virgin olive oil

1/4 teaspoon salt

32 ounces low-sodium vegetable or chicken broth

Preheat oven to 400 degrees. Peel and cut the vegetables into 1-inch cubes. Toss with the olive oil and sprinkle with the salt. Spread vegetables on a parchment-lined baking sheet and bake for 45 minutes or until tender. Transfer in batches to a blender and add equal amounts of broth. Puree until smooth.

More information: Harvard Health has more on root vegetables and making them a healthy part of your overall diet. <https://www.health.harvard.edu/staying-healthy/the-pros-and-cons-of-root-vegetables>

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Health Tip: Avoiding Cabin Fever This Winter

(HealthDay News) – Sipping hot cocoa on the couch during winter may be a peaceful pursuit. But if cabin fever sets in on you or your family, it may make you very restless.

SCL Health gives advice for staying sane inside this winter:

- Spend time in the kitchen. Cook fun, new meals.
- Get crafty with an arts-and-crafts project.
- Burn calories at an indoor rock-climbing gym, trampoline park or yoga studio.
- Bundle up and make snowmen, go sledding or play in the snow.
- Look for volunteer opportunities in your area.
- Have board game competitions.



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