DOPAMINE FASTING

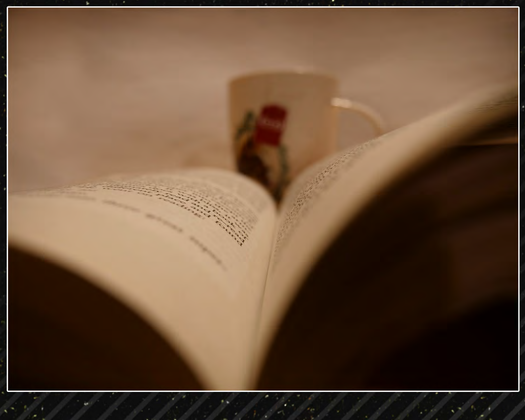
In today's world we are immersed in technology. From doing school work to multitasking as you cook food, the use of devices distracts us and lower our attention span. Before all of this, I've had read articles and watched videos about "dopamine fasting" or "dopamine detox". What dopamine fasting proposes is that the use of devices for entertainment do us more harm than good and sometimes we get immersed in them so much that we don't focus on the real world as much anymore. The process of dopamine fasting is simple: get rid of the internet, your phone, laptop or anything that you know distracts you. The fasting is supposed to last a month but with the pandemic going on we rely on the internet and technology more than ever. Coming back to the present, I decided to dopamine fast for one day on a weekend to get a glimpse of what it's like. To tell the truth, it gets extremely boring. The individual tends to focus on his primal urges more, things like: hunger, so you spend more time cooking and eating; sleeping, you get tired so easily and take naps and entertainment, you crave stimulus. You also notice things you haven't before and think of things you never did. Put simply, it's like waking up from the Matrix. My journey consisted of meditating for hours throughout the day, cooking, reading a lot and napping once during midday. As expected, my first try wasn't easy but I could've made it last a week if it weren't for school.

Packing Things Up

The Calm of the Morning

Meditating in the Darkness

Snacking

The Unnoticed Beauty

Reading and Tea