

THEY DID THE DETOX, TOO!

**KENDALL JENNER**

'Sometimes I delete Instagram or Twitter or Snapchat off my phone for a couple of days,' reveals Kenny, 23, who's been known to delete her account entirely.

**NICOLE KIDMAN**

'We have a no-devices house,' Nicole, 51, says. 'We have periods at home where we don't turn on the TV and try to have a detox from it all.'

**JULIA ROBERTS**

'Everyone has Instagram on their phone. And I just, yeah, [if I had it] I would be looking at it all the time,' Julia, 51, admits.

**ED SHEERAN**

'I bought an iPad and just work off email, and it's so much less stress.' Ed, 27, explains of why he ditched his phone.

**KARLIE KLOSS**

'I will totally shut off and not post Instagrams or answer my emails,' says Karlie, 26. 'I think it's important to step away for a minute and actually reconnect with people and reconnect with yourself.'

shocked everyone when she announced she was doing the unthinkable – taking a brief step away from social media.

'Time to say bye-bye to the internet for just a lil bit,' she told her 138 million Instagram followers. 'It's hard not to bump news and stuff that I'm trying not to see right now.'

And she's not alone, with stars including Karlie Kloss, Kendall Jenner, Julia Roberts and Ed Sheeran all revealing they've taken a step back from their online lives.

While Janet says a digital detox is a 'great idea', it can be difficult to master in the modern world. However one option is to try switching off while you're on holiday.

'Start off with one day and see how you cope,' Janet advises. 'Get outside and look at nature! Meet up with people and interact! Read a book and eat chocolate.'

Or take a tip from Maisie Williams and her boyfriend Ollie Jackson. They recently went on a digital detox retreat while Maisie was

filming *Game of Thrones* in Ireland. And it seems many of us are following suit, with similar retreats popping up in places around the world, including Australia.

Remember that while a digital detox may be good for your health, it doesn't have to be forever. In fact, Janet says a small amount of time on Instagram or social media can be a good thing. 'It's good that we keep in touch with friends and get informed about possible activities,' she explains.