

WHAT THREE WEEKS AWAY FROM SCREENS TAUGHT ME ABOUT HEALTH, WORK, & LEADERSHIP



After spending three weeks away from my computer and with much less time on screens in general. I realized a few things that completely shifted my perspective, both personally and as a leader.

1. My eyesight started to recover. I spent most of my time at the beach and outdoors, with natural sunlight, I could even read without glasses. A shocker!! Indoors, it is still blurry, but my peripheral vision has improved a lot. According to the American Academy of Ophthalmology, people blink 66% less when looking at screens, which contributes to dry eyes, fatigue, and blurred vision. It is no wonder my eyes felt alive again.

Sunlight exposure in the morning and at night



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could slow down the development of myopia in addition to regulating circadian rhythm.

2. I slept better and deeper.

For the first time in months, I slept through the night and woke up feeling truly rested. Blue light exposure at night disrupts melatonin production, and research from Harvard confirms that reducing evening screen time can dramatically improve sleep quality. I didn't need science to tell me that, but it's validating to see that what I experienced is real and common.

3. My senses sharpened.

Without forcing it, I moved more, walked several times a day, exercised, and filled my lungs with fresh air. I enjoyed tasty fruits and veggies. Food tasted richer, scents were more vibrant, and even my thoughts felt clearer and more structured. I could feel that in my own clarity and creativity.

4. I saw the cost of living in 2D.

By the end of my holiday, it was not possible to ignore how staring at screens for hours is out of sync with how humans are wired. This 2D reality strips away depth, natural movement, and sensory variety. Returning to work on Tuesday, my eyes burned within hours, and my mind felt boxed in. My body and mind are now loudly demanding change.

5. My hormones worked better.

Despite a few deeps here and there, my hormones are balancing again beautifully. As women, we especially can benefit from those changes.

The Leadership Lens

This break did not just reset my body; it reshaped how I think about my work as a leader and business owner.

I reviewed my 2026 plans and started aligning

my activities with my natural rhythm instead of just what's expected and deemed normal post Covid Era:

- 1:1 coaching: I will work with a limited number of clients, by application only. Coaching will happen primarily over the phone or through no-screen focus virtual sessions. For clients who prefer face-to-face, I will accommodate video calls but will suggest we both look out the window instead of staring at the camera. Premium, in-person sessions will also be available.
- (Fun fact: my best coaching has always been on the phone. I started this way 14 years ago, when the 2008 financial crisis grounded travel, and discovered how powerfully it deepens listening and presence.)
- Group coaching: I am creating a high-value space for small groups of like-minded leaders, combining coaching, collective intelligence, co-coaching, and shared resources.
- Team coaching: Next year, I will support only two additional executive teams in person. These complex systems require deep reflection, dedicated thinking time, and supervision hours to sustain meaningful transformation.
- Womens retreat: This retreat has been a dream in the making for years. After testing many formats, I've landed on a four-day gathering in the South of France for just 46 women ready to explore alignment, freedom, and a regret-free legacy. This will be a raw, authentic, intentionally imperfect space—a pause designed to be both disruptive and transformative.

This isn't about doing less; it's about doing what matters most, in ways that are



healthy and sustainable. That shift feels like real leadership to me.

The Collective Relevance

If you are leading a team or an organization, here are a few things to consider based on both my experience and the research:

- Encourage natural breaks. People are not built for eight straight hours of screen time. Even short walks or moments outdoors can reset focus and energy.
- Create no-screen spaces or meetings. Consider audio-only meetings or in-person walk-and-talks for strategy sessions. These can spark fresh thinking.
- Respect natural rhythms. Harvards research on circadian alignment shows that productivity and health improve when work schedules sync better with light, movement, and rest cycles.
- Lead by example. When leaders model healthier boundaries around technology, teams feel permission to do the same and overall well-being improves.

Organizations that take these steps do not just support well-being, they also unlock creativity, collaboration, and performance.

Why This Matters

Sunlight resets our circadian rhythm. Movement fuels brain function. Sensory stimulation keeps our minds sharp and safe. Ignoring these truths does not just make us tired; it erodes our ability to think, connect, and lead effectively. Think strategically about how to maintain a sharp and healthy mind beyond your career.

For me, this experience was a wake-up call: my best decisions, my clearest thinking, and

my most present leadership all happen when I respect my human design.

Maybe this is an invitation for all of us to notice what our bodies are asking for, to make small shifts, and to lead in ways that honor both performance and well-being.

References to Include

- Harvard Health: "Blue light has a dark side"
- American Academy of Ophthalmology: Digital Eye Strain
- NIH: Sunlight and circadian rhythm
- John Ratey, Spark: The Revolutionary New Science of Exercise and the Brain (Little, Brown Spark, 2008)
- WHO Guidelines: Sedentary behavior and health risks

