



February's challenge is to limit your technology use. Families can work together to achieve this goal. Here are some reasons why we should all set aside time to unplug from our electronics...

Why we need to reduce technology use?

- 1) Disrupts sleep and desynchronizes the body clock
- 2) Desensitizes the brain's reward pathway
- 3) Has been linked to depression and even suicide risk
- 4) Increases stress and irritability
- 5) Impacts one's focus, causing attention issues and aggressive behavior
- 6) Screen time decreases physical activity, which helps restore attention, lowers stress, and reduces aggression

Ways to Reduce Screen Time:

- 1) Eat breakfast, lunch, and dinner without a screen
- 2) Set a timer on your social media use (30 minutes per day)
- 3) Replace using your phone for another activity (take a walk, read a book, do arts and crafts)

Use the chart below to track usage. Work together on areas that need to be reduced.

	Number of times I engaged with my phone within 1 hour
Social Media	
Videos	
Email	
Text Message	
Games	
App Notification	
Reminders	
Other (time check, calendar, Google search)	

Please send us a Direct Message on Instagram ([inspire.wellness.psych](https://www.instagram.com/inspire.wellness.psych)) or email us at kate@inspirewellnessnj.com and let us know how this exercise was for you!