



# Take Care of YOU

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## Finding Balance in a Digital World

The way we interact with technology shapes our daily lives in large and small ways. While the benefits of technology are undeniable, it's also important to understand its potential drawbacks and to approach our usage of it mindfully.

Technology has revolutionized how we communicate, how we work, and how we access information, providing convenience and connectivity that is unparalleled in history. It allows us to stay in closer communication with friends and loved ones, whether they are in another room in the house or on the other side of the globe. It automates tasks and processes, boosting efficiency and productivity. Through assistive technology, it has improved safety, convenience, and quality of life for people who experience disabilities. It drives innovation and growth in our economy, creating new jobs, new opportunities, even entirely new industries.

Yet, this revolution has also introduced unprecedented challenges for our mental and physical well-being. The constant need to be "plugged in" can lead to missed opportunities for genuine human connection and can put a strain on relationships. An excessive reliance on technology can also erode self-confidence and sow doubt in one's values. Prolonged technology use has been linked to physical ailments like back pain, neck strain, eye strain, headaches, hand and wrist pain, and obesity; and mental health issues such as anxiety, depression, sleep issues, and social isolation are increasingly prevalent. Technology has an addictive nature that can impair decision-making skills and lower our ability to practice discipline and self-control.

Ultimately, practicing mindful technology involves finding a balance between taking advantage of its benefits and safeguarding our mental and physical health. Set boundaries, take breaks, and prioritize real-life interactions. By disconnecting from technology, even momentarily throughout the day, we can reduce anxiety and create a healthier relationship with digital devices. So let's give up the 'fear of missing out' and strive for a balanced approach to technology that prioritizes real connections, self-care, and digital mindfulness.

### Tips to Practicing Mindful Technology

- Establish times and limits for using technology each day.
- Practice digital detox in the evenings, weekends, or other dedicated period of time.
- Prioritize real-life connections with friends and loved ones.
- Prioritize spending time outdoors each and every day.
- Limit notifications to only essential apps and messages to minimize that constant urge to check your devices.
- Create tech-free zones in your house, such as bedrooms and the dining room.
- Be present and attentive when spending in-person time with others rather than multitasking on your devices.