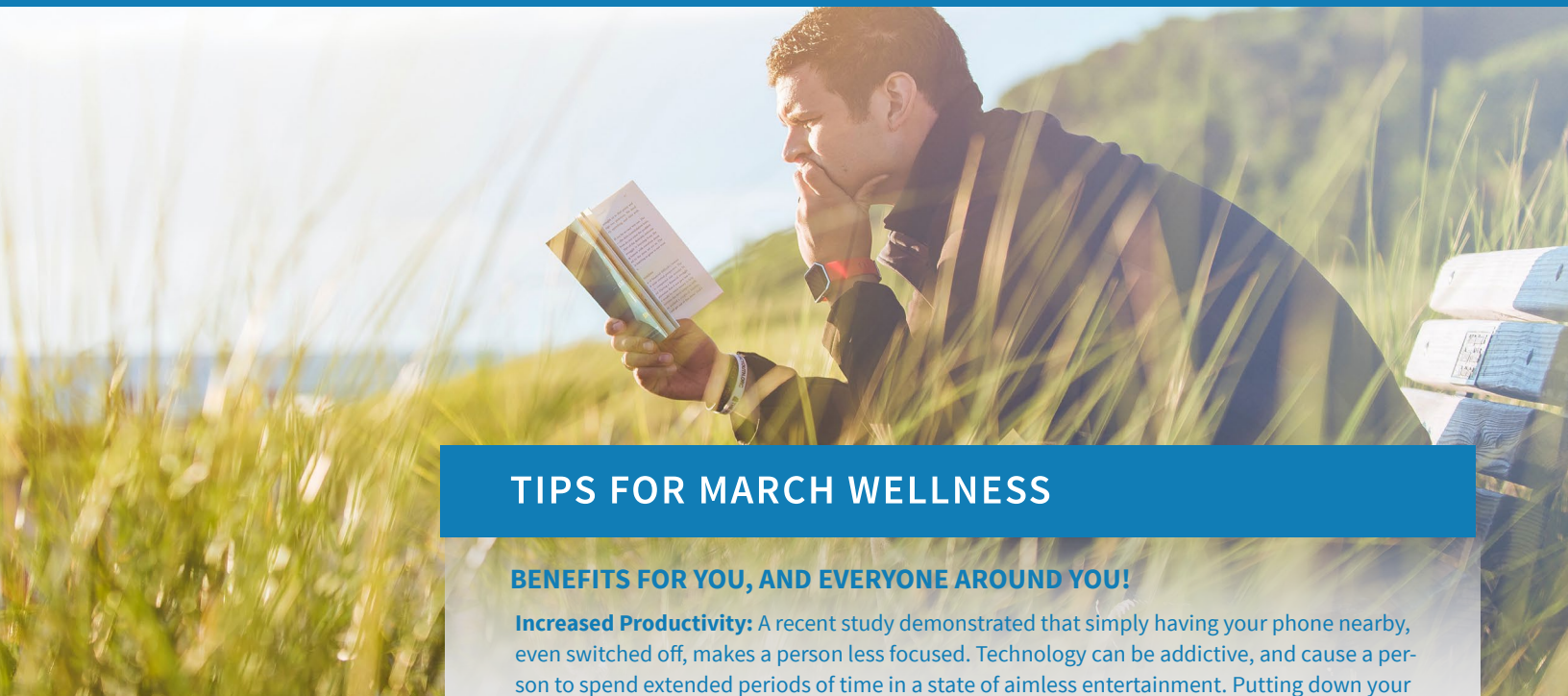




WELLNESS TIPS

Unplug from Technology



TIPS FOR MARCH WELLNESS

BENEFITS FOR YOU, AND EVERYONE AROUND YOU!

Increased Productivity: A recent study demonstrated that simply having your phone nearby, even switched off, makes a person less focused. Technology can be addictive, and cause a person to spend extended periods of time in a state of aimless entertainment. Putting down your devices gives you an opportunity to invest in your hobbies, short-term and long-term goals.

Better Quality Sleep: Research has shown that technology negatively impacts the quality of your sleep in many ways. The alert from a notification, anticipation of a reply, or muting of multiple alarms in the morning all take a toll on a person's sleeping pattern. Exposure to blue light from televisions, smart phones, and tablets make it difficult for you to fall asleep and stay asleep. Be sure to turn off all screens, and put your phone away an hour before bed to promote a healthy circadian rhythm.

Improved Communication: Unplugging from technology can greatly improve interpersonal relationships. Instant messaging makes communication quick and convenient, but eliminates key elements of communication such as facial expression, body language, tone, and other characteristics that aid in understanding. Putting down your technology encourages you to connect with those around you and appreciate being present in the moment.

Better Overall Health: Along with the benefits of improved sleep, and mental wellness, spending less time on your phone or computer reduced the chances of developing repetitive stress injuries such as "text neck".

5 WAYS TO UNPLUG

1 Take a walk without your phone Make the effort to be present, alert, and admire the world around you!

2 Set up your phones app limits Modify your Screen Time Settings to restrict how much time you spend on apps by setting limits.

3 Carry a book with you Try carrying a book or magazine with you. Having other forms of entertainment can deter you from reaching for your phone!

4 Take up a non-digital hobby Invest time and energy previously spent online into new hobbies or side hustles that inspire you!

5 Go on an adventure Go for a drive, hit a local café, or find a hiking trail near you! One of the biggest reasons we turn to digital products is boredom.

Make the conscious effort to unplug from technology, and experience infinite benefits to your mental, physical, and financial health! The adverse effects caused by too much screen time may be more extensive than you realize! Invest in yourself by making a plan to unplug from technology, and connect to what inspires you!