

SB WELLNESS GROUP

Monthly Newsletter | May 2024

SBwellness



**MONTHLY
MOTIVATION TO A
HEALTHY LIFESTYLE**



Dangers of Too Much Screen Time

Sleep Health and Digital Detox

Journaling for Better Digital Health

Steps to Healthy Digital Boundaries

Reality Check: Our Youth and Screen Time

WELCOME TO OUR DIGITAL DETOX ISSUE



According to various surveys and studies, *the average American adult spends around 7 to 9 hours per day on screens*, including smartphones, computers, tablets, and televisions.

Unplugging from your devices has been proven to be a great way to reconnect with your true self and to be in a better state mentally. The reality is, we live in a digital world where we have to stay connected in many parts of our life, whether it is professionally or personally.

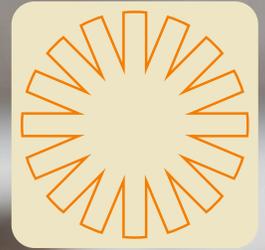
The real question is *how can we create a greater balance to staying connected digitally while protecting ourselves mentally?* How will you avoid the dangers of digital overdose?

In this month's issue, we shed some light on the reality of how much screen time we are consuming, the dangers in this, and strategies to achieving more digital detox.

Offline is a new LUXURY. Going on a regular digital detox is a great way to exercise your self-care muscle.



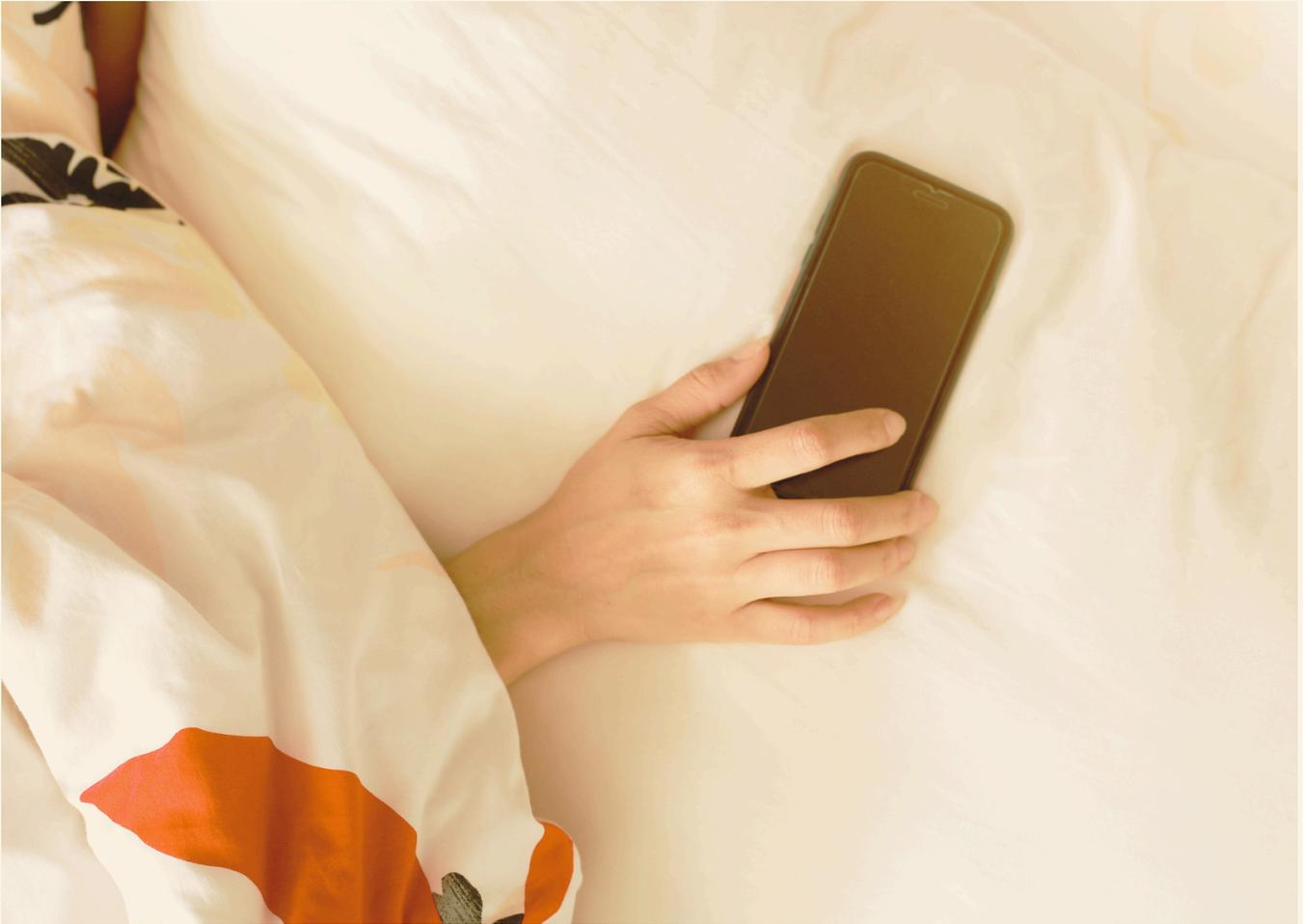
Journal Exercise



Now is the time to get real with yourself about your digital use and how it may be affecting your overall well-being. Begin by using these journal prompts and continue with daily notes and affirmations to create a healthier relationship with the digital world you live in.

1. How many times a day do you think you pick up your phone? How much time do you think you spend on it each day?
2. What changes do you notice in yourself (positive or negative) when you spend a lot of time on your phone or computer?
3. What do you want your new relationship with technology to look like and what do you want to accomplish with your extra time?

Smartphone usage has been proven to be addictive. Take back control of your life.



GET THE BEST

Disconnected Rest

Technology in the bedroom is a growing problem affecting people of all ages. [According to the National Sleep Foundation](#), more than half of Americans regularly use an electronic device in the hour before they go to bed. All that screen time may be robbing your sleep. Practice your **DIGITAL DETOX** one hour before bedtime and give yourself the gift of **GREAT SLEEP**.

WELL-BEING IN A DIGITAL WORLD

HOW TO DISCONNECT MORE



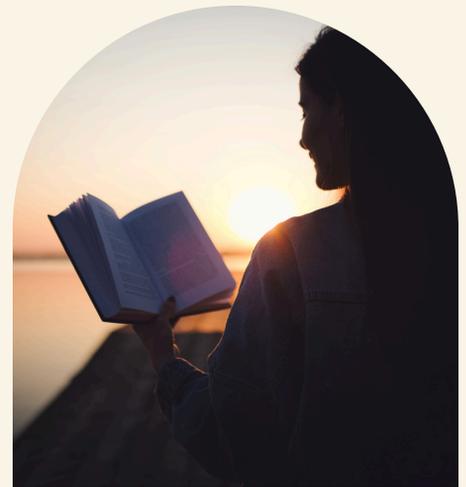
ALARMING NEWS....

Recent [research](#) suggests that humanity will spend a **combined total of 500 million years using social media in 2024** and that a typical internet user now spends **6 hours and 40 minutes online** each day.

Excessive screen time has been associated with various health concerns, including eye strain, disrupted sleep patterns, sedentary behavior, and mental health issues such as anxiety and depression. There is also a potential negative effect on relationships, social interactions, and the ability to stay present in your daily life.

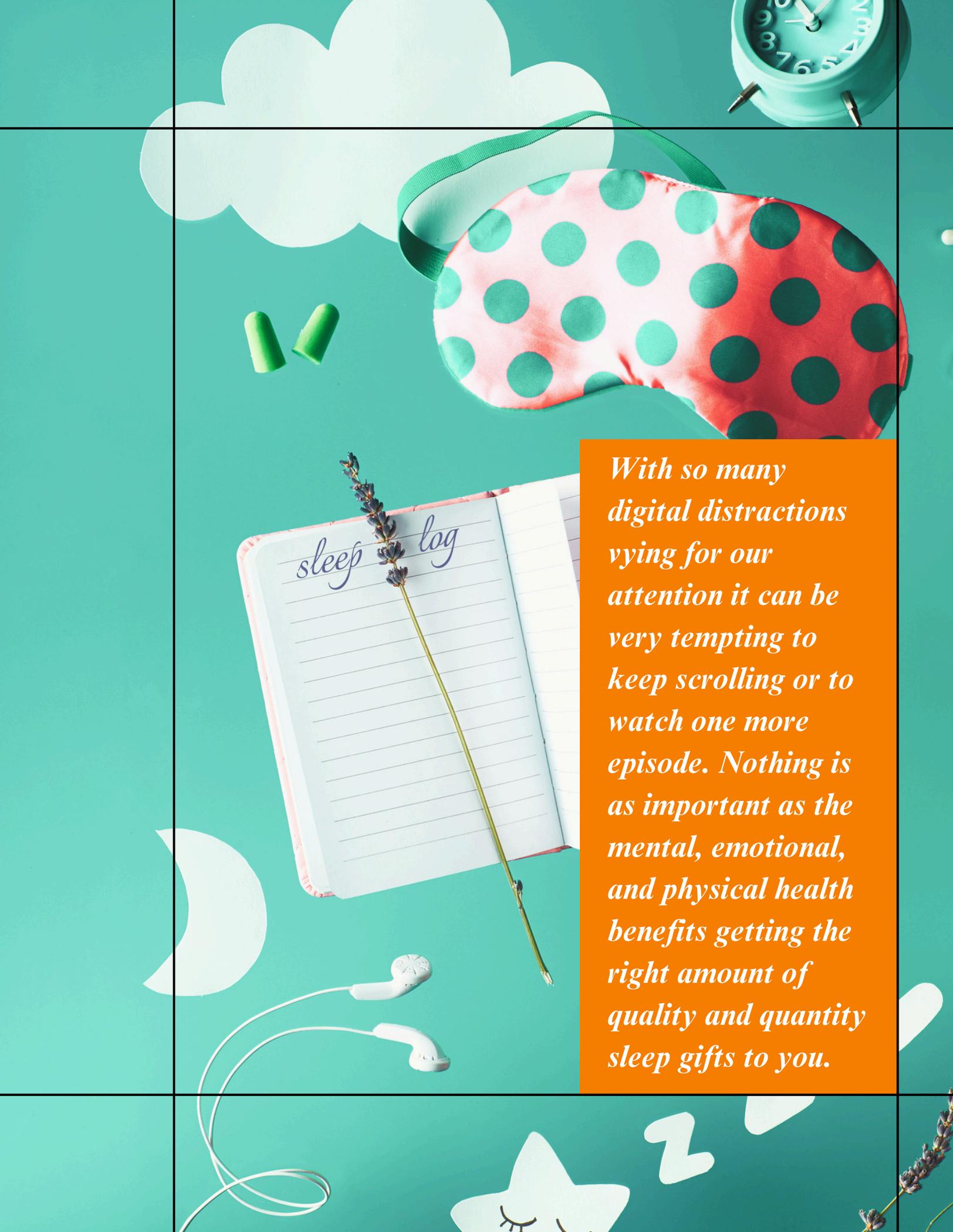
Understanding the consequences of too much screen time is essential in maintaining a healthy lifestyle. While our devices and ability to stay connected at all times, offer numerous benefits and opportunities, we must commit to a healthier amount of consumption. Nearly all screen time activities can be linked to less happiness, while all non-screen time activities can be linked to greater happiness.

It's time to take back control and your ability to let go, disconnect, and relax the mind. Begin your healthy shift and learn how to digitally disconnect more: [THE FULL ARTICLE](#)



Do you disconnect enough?

Screen time among U.S. adults had been increasing steadily annually due to the rapid growth of digital devices and the integration of technology into various aspects of daily life.

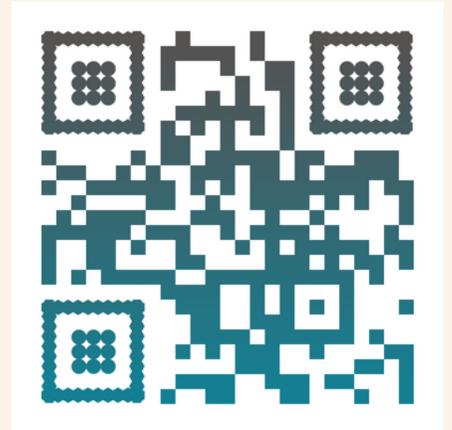


With so many digital distractions vying for our attention it can be very tempting to keep scrolling or to watch one more episode. Nothing is as important as the mental, emotional, and physical health benefits getting the right amount of quality and quantity sleep gifts to you.

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Your Partner in Health!

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Did you know that the average 11-14 year old adolescent spends 9 hours a day in front of a screen?

Check out this [infographic from the CDC](#) to see what other age groups are consuming and how that can compare to physical activity.