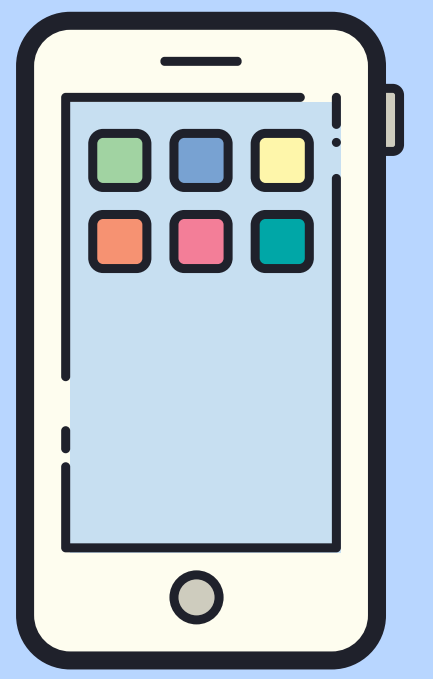




Let's Talk about:

Screen Time



Hi CCS Community!

I hope you are all having a wonderful fall season! This is my favorite time of year. The air gets crisper, the leaves are crunchy and the weather could not be more perfect. As the weather gets cooler, I have certainly noticed that my screen time has gone up. It is hard to stop yourself from the mindless scrolling and reflect on how much time you are really spending watching TV or on your phone.

Why is it important to monitor your screen time?

Research shows that increased screen time is associated with poor sleep quality, increased stress hormones, muscle pain, and increased depression. Oftentimes, our jobs require screen time, and to relax, we go on our phones. Without realizing it, our entire day can get consumed with screens.

What are some ways to reduce our screen time?

I have found that cutting something old cold turkey never seems to work. However, making small changes and remaining consistent is the best way to develop new habits. I have started to keep a **book** beside my bed. I grew up reading, and I love to read, but I never quite have the time. However, keeping a book nearby has inspired me to start reading each night before I go to bed, rather than spending that time on social media.

Call your friends instead of texting! Texting can turn into an hour or longer of back and forth communication. While this is convenient, it forces you to stay on your phone for an extended period of time. My suggestion is to try calling your friends and family rather than texting. That way, you can cover everything you wanted to discuss and probably cut down on the screen time!

Find a hobby or way to wind down that doesn't involve screens - Of course we all love to wind down with our favorite show or listen to music after a long day. However, I recommend filling some of your evening with an activity that does not involve screen time to lessen the strain on your eyes. This could be exercising, cooking or painting/engaging in arts and crafts.

Consider using Blue Light glasses - These are special glasses that can be bought online or at a local pharmacy that may block the blue light emitted from screens. This can help promote better sleep and lessen the impact of screens. Although this isn't an evidence-based recommendation, I have personally found these glasses to lessen the strain on my eyes while using screens.

Remember, healthy habits take time! These changes don't happen overnight, nor are they easy. The best way to cut back on your screen time is to set attainable goals, track your goals, and stay consistent. Let me know if you try any of these tips!

