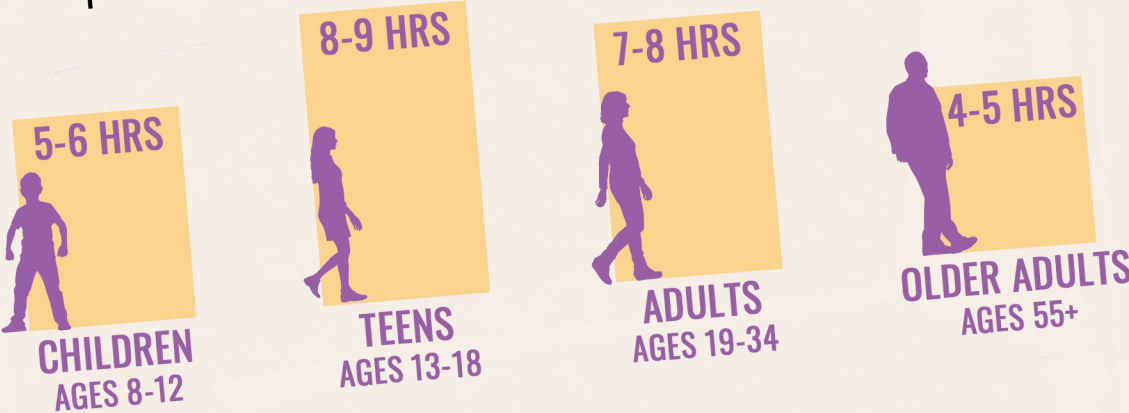


(SCREEN) TIME WELL SPENT

Unplugging to Recharge

AVERAGE DAILY SCREEN TIME¹

Average hours spent daily using electronics such as tablets, phones, computers, television, and video games.



NEGATIVE IMPACTS ON WELL-BEING²

Screen time affects many aspects of our well-being, such as:

- social
- emotional
- mental
- physical



Higher rates of depression and anxiety



Sleep disruptions



Impaired work and academic performance



Eye strain, vision issues, and headaches



Increased rates of diabetes, obesity, and heart disease



Social isolation

TIPS TO REDUCE SCREEN TIME

- ✓ Avoid using screens in the bedroom and before bedtime.
- ✓ Read a book or magazine instead of scrolling.
- ✓ Schedule your screen time.
- ✓ Take social media breaks.
- ✓ Use timers or apps to track and limit use.

Sources:

1. "The Impact of Screen Time on Vision: 2025 Statistics & Trends"
<https://www.visioncenter.org/resources/screen-time-statistics>

2. "Why is Excessive Screentime Bad for You?"
<https://gohealthier.com/why-is-excessive-screentime-bad-for-you>