

MANAGING SCREEN TIME AMIDST COVID-19

What is **technology overload**?

With events, meetings, and social engagements shifting to virtual platforms, many are experiencing an increased amount of screen time in their daily lives. The constant stream of information, notifications, and blue light can take a toll on you personally and professionally.



5 tips to **reduce** screen time:

1. Turn off unnecessary notifications
2. Take breaks from watching, reading, and listening to news stories
3. Incorporate exercise into your daily schedule that does not rely on a screen (run, dance, yoga, stretch, etc.)
4. Reconnect with creative activities you enjoy (painting, dancing, journaling, doing puzzles, etc.)
5. For a better night's sleep, power down devices at least one hour before going to bed

