

SOCIAL CHALLENGE

Temple College Wellness Initiative

Fast Facts

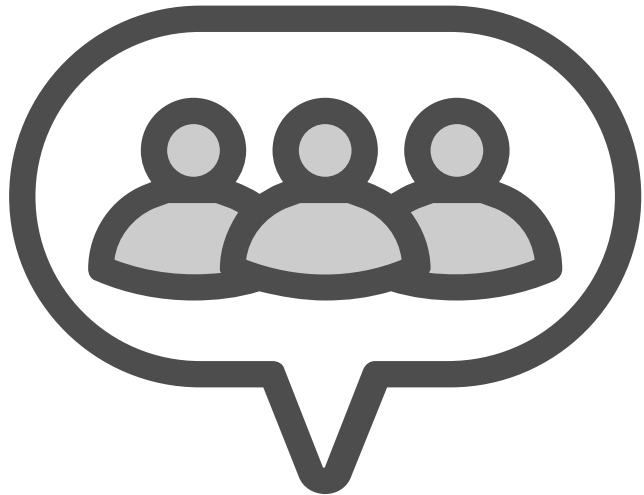
Did you know the average adult spends as much as 12 hours a day in front of the TV, phone, or computer?

It's true that technology offers incredible value and can help us connect in ways like never before - especially during this time of social distancing. But taking regular breaks from all the screens in our lives offers many health benefits for a happy, fulfilling life.

Too much screen time can actually negatively impact our physical, mental, and emotional health: inactivity, insomnia, vision troubles, and inability to express empathy are just a few side effects. There are several benefits to unplugging from technology: reduces stress and anxiety, focus on appreciation and gratitude, more time for simple pleasures, reduces loneliness, allows you to be present, and many more.

"Technology is a good servant but a bad master!"

- Gretchen Rubin



Your Weekly Challenge:

It is simple this week, take the holiday break and concentrate on yourself, your family, and your loved ones. Really enjoy your time off. Some ideas for making your break more social:

- Turn off your phone during a family gathering;
- Be present in the moment;
- Make memories;
- Instead of watching a movie, play a board game;
- Go for a walk;
- Disconnect from your email;
- Sleep in; or
- Take back the ME in your time.

Linked Resources:

- [BCBS Health Article](#) – The Quiet Epidemic: Addressing the Impact of Loneliness and Social Isolation in America
- [Pocket Mindfulness](#) – No Smartphone for a Day: A Challenge for the Modern World
- [Cell Phone Locker](#) – Your temptation will melt away with this Amazon product