

SUNDAY MORNING Health Corner

Managing Screen Time and Promoting Healthy Tech Habits

In today's digital world, screens are everywhere. For both adults and children, excessive screen time is linked to issues like **anxiety, poor sleep, eye strain, and a lack of physical activity.**

Balancing screen time is key to maintaining mental clarity, emotional well-being, and physical health.

Tips for Balancing Screen Time

- **Set** Time Limits
- **Incorporate** Screen-Free Activities
- **Create** Tech-Free Zones
- **Prioritize** Physical Activity
- **Monitor** Screen Time for Children

Practice the 20-20-20 Rule:

Every 20 minutes, look at something 20 feet away for at least 20 seconds. This helps reduce eye strain.

By setting **boundaries** on screen time, we create space for more meaningful moments, whether through connecting with others, nurturing our faith, or simply enjoying the present moment.



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