

Wellbeing Tip of the Week

Take a break from the screen



Screens can be highly addictive: phones, iPads, TV's, gaming; it's hard to put them down or turn them off. Screens trigger a release of dopamine, which activates our brain's reward system, encouraging us to spend more time on a screen to chase that dopamine rush.

Unfortunately, too much screen time can negatively affect:

Our sleep/our eyes – we often stay up too late staring at a screen and are exposed to lots of blue light, which affects the release of the sleep hormone, melatonin and can lead to tiredness

Our weight – if we are not fitting in enough movement/exercise

Our mental health – screen time has been linked to increased anxiety and low-mood

Our family relationships – if we're spending more time staring at a screen than we are interacting with our family members

If you notice any of these things are being affected, it might be a good idea to try and limit how much time you spend looking at a screen. Avoid bringing your phone to bed and try to introduce a family rule that no one checks their devices during family meals.