

Good morning and happy Monday team!

I hope you all had a great weekend! We are nearing the end of a great semester and getting closer to Christmas. So far, we have discussed the importance of self-care related to music, nutrition, sleep, and laughter. These are all important, especially during the holiday season.

Also, it is important **to be mindful of technology**. We love it, and we hate it. Technology can be a gift as well as a burden. Social media allows us to connect with others, share ideas, and escape for a few minutes. According to research, the average American spends two hours and fifty-one minutes on his or her phone each day (Text Request, 2017). However, looking at our phones constantly reduces the ability to concentrate, solve problems, express creativity, pay attention, sleep, trust other people, and empathize (Lin, 2012).

Consider for a moment how scrolling may be impacting your happiness.

The best moments in our lives are not passive, receptive, relaxing times but usually occur if a person's body or mind is stretched to its limits in a voluntary effort to **accomplish something difficult and worthwhile** (Csikszentmihalyi, 2008).

**Unplug during this holiday season. Be mindful of the time spent with loved ones.**

This week's invitation:

1. Keep a running record of how many times you pick up your phone during a day (Some phones track screen time for you).
2. Purposefully choose fifteen sequential minutes in your day to unplug completely.
3. The next day: choose thirty minutes (or more) to unplug

- When and how did you incorporate unplugging into your schedule this week?
- How did it feel to unplug for fifteen to thirty minutes?
- Do you plan to continue to make unplugging part of your routine?

"Turn off your email; turn off your phone; disconnect from the Internet; figure out a way to set limits so you can concentrate when you need to, and disengage when you need to. **Technology is a good servant but a bad master.**"

- Gretchen Rubin

Peace,  
Maggie

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