



HOW TO MAKE TECHNOLOGY YOUR FRIEND IN 2024

BY TONISHA MELVIN

2024 promises to be a year when all of us continue to focus on how technology affects human health.

On the plus side, our phones and laptops allow us to easily and quickly connect with each other across great distances. We can also get lots of helpful information, including valuable insights into our own health care, with a simple click. Online venues can offer creative and supportive communities, too.

But as we all know, technology can also isolate us, make us depressed or anxious, decrease our attention spans, dampen academic performance, disrupt our sleep, and weaken our basic social skills. The sedentary nature of so much online life can place us at great risk of obesity, heart disease, and other health problems, too.

How do we arrange things so that technology is an opportunity rather than an obstacle?

These simple tips can help:

- Set a daily time limit for being on your smartphone or laptop. Try to balance things with at least 60 minutes of physical activity each day.
- Use the 20-20-20 rule. For every 20 minutes of screen time, take a 20-second break to view something 20 feet away, such as flowers, mountains, or the ocean outdoors.
- Walk instead of driving when feasible.
- Set realistic boundaries on the job to avoid a sedentary lifestyle.
- Mentally check in and ask yourself: How do I feel with and without technology?
- Know the signs of depression, anxiety, and other mental health conditions.
- Use technology wisely to connect with friends and family.
- Use caution with devices connected to your home with Wi-Fi.
- Never share passwords.
- Be mindful of and educate minors who use technology with and without your supervision.



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