

Feeling *hooked* on your screen?

How to recognize screen overuse and reclaim your time.



Many people check their phones dozens of times each day. What begins as routine use can gradually become screen overuse, making it difficult to disconnect even when we want to.

Research suggests that excessive technology use and social media habits may contribute to anxiety, poor sleep and reduced wellbeing.¹

How excessive screen time can affect you:

COGNITIVE IMPACTS	SOCIAL AND EMOTIONAL IMPACTS ¹
• Reduced focus and attention: Frequent notifications and constant switching between apps, emails and tasks can fragment attention and make sustained focus harder.¹ • Mental fatigue: Constant digital stimulation (scrolling, alerts, autoplay videos) leaves little time for the brain to rest and recover.¹ • Decreased productivity: Frequent task-switching can reduce efficiency and increase errors.¹ • Sleep disruption: Screen use, particularly before bed, is linked to poorer sleep quality.²	• Less meaningful connections: Excessive screen use can reduce opportunities for face-to-face interaction and being present with others. • Increased stress and comparison: Frequent social media use can heighten anxiety and negative self-comparison. • “Always-on” pressure: Constant availability can contribute to feelings of burnout and overwhelm. • Disconnection from the present moment: Continuous scrolling can pull attention away from real-life experiences and relationships.

Why it matters:



Over time, these habits can affect how you think, feel and function. Taking intentional breaks from screens may help:

- Restore focus and mental clarity.
- Improve sleep quality and energy levels.
- Reduce stress and unhealthy screen habits.
- Strengthen offline relationships and activities.



Digital devices are valuable tools for connection, learning and relaxation. The goal isn't to eliminate screens, but to create a healthier balance. Small changes can make a meaningful difference.

Signs you may be overusing your digital devices:

- You reach for your phone without thinking, even when you're not sure why.
- You lose track of time while scrolling.
- You feel restless or anxious without your phone nearby.
- You use screens to avoid tasks or stress.
- Offline time feels scarce, but screen time adds up.

If a few of these feel familiar, it may be time to be more intentional with your screen time.

Simple ways to reclaim your time:



AT WORK:

- Turn off non-essential notifications.
- Schedule focus time on your calendar.
- Take screen-free breaks to walk, stretch or reset.



AT HOME:

- Create "no-phone" zones, such as the bedroom and dinner table.
- Set a nightly screen cutoff time.
- Charge devices outside the bedroom.

Small, intentional changes can help you take back your time and feel more in control.

