

Cut screen time, boost wellbeing



The surprising benefits of reducing screen time for your health



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In today's digital age, it's hard to imagine life without screens. From smartphones to laptops and tablets, we are constantly surrounded by screens. While technology has made our lives easier in many ways, excessive screen time can have negative effects on our health. In this article, we'll explore the surprising benefits of reducing screen time for your wellbeing and provide tips on how to do so effectively.

Screen time refers to the amount of time spent in front of electronic devices such as smartphones, tablets, computers, and televisions. For most people, screen time has become an integral part of daily life. It's estimated that the average person spends over 3 hours a day on their smartphone alone. This means that over the course of a year, we spend hundreds of hours in front of screens.

Smartphone Addiction and Its Psychological Effects

Smartphone addiction is a real and growing problem. It's estimated that over 50% of people experience anxiety when they can't access their phone. This addiction can have a range of psychological effects, including increased stress, depression, and anxiety. It can also lead to a loss of productivity, as people spend more time on their phones and less time on important tasks.

The Benefits of Reducing Screen Time

Reducing screen time can have a range of benefits for your health. It can improve sleep quality, reduce stress and anxiety, increase productivity and creativity, and promote better overall health. When we reduce our screen time, we can focus on more meaningful activities that promote wellbeing, such as exercise, hobbies, and spending time with loved ones.

9 Tips for Reducing Screen Time:

Reducing screen time is easier said than done. Here are some tips to help you reduce your screen time effectively:

1 Identify triggers

Identify what triggers your addiction and work to eliminate or reduce those triggers.

2 Create a support system

Surround yourself with people who support your efforts to reduce screen time.

3 Use technology to your advantage

Use apps and tools that help you reduce screen time and stay accountable.

4 Seek professional help

If you're struggling to overcome smartphone addiction, seek professional help from a therapist or counselor.

5 Set goals

Start by setting realistic goals for reducing your screen time. For example, aim to reduce your screen time by 30 minutes a day.

6 Create new habits

Replace your screen time with new habits such as reading, exercising, or spending time outdoors.

7 Turn off notifications

Turn off notifications - Turn off notifications for social media and other apps to reduce the temptation to check your phone.

8 Use screen time apps

Use screen time apps to track and limit your screen time.

9 Take breaks

Take regular breaks from screens throughout the day to reduce eye strain and fatigue.

Activities to Replace Screen Time

Reducing screen time doesn't mean you have to be bored. There are plenty of activities you can do to replace screen time, such as:

- Exercise - Engage in physical activity such as running, cycling, or weightlifting.
- Hobbies - Pursue hobbies such as painting, playing an instrument, or gardening.
- Socialising - Spend time with friends and family, go out to dinner, or attend social events.
- Reading - Read books, magazines, or newspapers to stimulate your mind.
- Meditation - Practice mindfulness and meditation to reduce stress and promote relaxation.

The Link Between Screen Time and Sleep

Screen time has a significant impact on sleep quality. The blue light emitted by screens can disrupt our sleep patterns, making it harder to fall asleep and stay asleep. This can lead to a range of sleep-related issues, including insomnia, fatigue, and irritability. Reducing screen time before bed can promote better sleep quality and improve overall health.

Reducing screen time can provide a boost for your wellbeing. It can improve sleep quality, reduce stress and anxiety, increase productivity and creativity, and promote better overall health. By following the tips outlined in this article, you can reduce your screen time and live a healthier, more fulfilling life. It's time to take control of your screen time and prioritise your wellbeing.

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