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*This month, we explore ways to schedule tech free time which can improve social skills and productivity.*

For more info and a full article:  
<https://www.flexjobs.com/blog/post/how-not-let-technology-zap-your-happiness/>

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>

Technology is a good thing when used in moderation. However, constantly being on a device impacts how we communicate and interact with others in-person. Some even become addicted to their device as they seek that next “like” on their post or response from others online.

Here are some tips to help decrease time online and improve productivity:

- **Have tech free time every day.** This could be 30-minutes of going for a walk, enjoying nature, reading a book or finding time for hobbies. If you increase this each day, you will soon see that you can survive without your phone and feel better about yourself in the process!
- **Have phone free meals with others.** Reconnect with family/friends/coworkers over lunch or dinner. Talk with each other and share ideas of ways to fill your time that do not involve a device. To help stay tech free, the first to get on their phone has to wash dishes or buy the meal!
- **For children, encourage play and creativity without devices.** Experts recommend no more than 30 minutes at a time on devices and no more than 2-4 hours per day for young children. Starting this at a young age, can help them grow into adults who can fill their time without a device in their hand.
- **Recognize the good qualities you have without online influence.** Instead of turning to social media for likes and seeking input from others, start a journal of the positive things you like about yourself. Add to the journal each day.
- **Be more productive.** Put devices on silent when at work or school. Then, check the messages at break or after work/school. You will soon see how much work you can get done when you are not constantly checking them.