Title:

Technology is a colossal part of everyday life, it’s your first go to source whether it’s looking for a good restaurant, calculating grocery costs, or even finding your way home. Despite the many uses if technology there are also numerous disadvantages to it. For example:

* Anna Lembke, author of Dopamine Nation described the smartphone is the modern day hypodermic needle, delivering digital dopamine 24/7 for a wired generation.
* In fact, a study by the university of Wurzburg and Nottingham Trent learned that employee productivity has improved by 26% when smartphones were removed from the workspace
* It’s common sense that long term screen exposure can lead to irreversible damage to the eyes.
* The more tech is used more electricity bills have to be paid

Fortunately, all these problems can be resolved by reducing your use of technology. The real problem is how?

The first and simplest things to do is to create tech free zones in the house or in the workplace. Mainly bedrooms, dining table, and restrooms at work because these are the places where technology is used mostly for entertainment. The main reason for that is because those are the most comfortable places. As my friend once said “who doesn’t want to play video games while curling up in beds, on comfortable chairs or while eating a delicious meal?” Additionally, over 65% of adults report experiencing symptoms of digital eye strain like headaches, dry eyes, and blurry eyesight probably due to excessive screen use. So if we stop using unnecessary tech then we could reduce the problems caused my it and engage more in social activities!

After tech free spots comes tech free times, which help build a healthier routine and recover a more natural lifestyle where people engage face to face instead of behind a screen. Through slow elimination of technology, we can retreat from our hermit shell and become more brighter and more social. I know this will work because research from the University of Pennsylvania found that limiting social media use to 30 minutes per day significantly decreased feelings of loneliness and depression at their school.

Most of the tech is used by kids who spend every second they can get gaming making it unfair that parents are the ones who are forced to pay the electricity bills. Because of this cycle a harsh procedure needs to be implanted. Juveniles from 4 to 13 spend an average of 980 hours on screens, often for gaming, livestreaming, and watching videos. This costs parents about 100 dollars per year, the use of tech drains more than time, it takes away money as well. It’s time kids learn the cost of entertainment and they should use their pocket money to pay their section of the bill.

So, in conclusion although technology plays a major role in our daily lives, we must learn to limit the use to when it is absolutely necessary as to prevent loneliness, depression, and hopefully stop wasting money and time.

Expert tip: use the 20, 20, 20 rule so every 20 minutes turn your attention to something 20 feet away for 20 seconds