



Shri Minds

Wellness Newsletter

Namaste Parents!

We present to you the third edition of Shri Minds.

In the first edition, we had discussed when to seek the counsellor's help and it was heartening to note that many parents and children connected with us to share their concerns. The second edition focused on preparing children to be back in school after the two yearlong pandemic break. This edition covers device addiction in children and ways to overcome it.

Happy to share that Ms. Samprikta Datta, Student Counsellor has joined us in the wellness unit.



Buddy Campaign

Autism Awareness

Digital De-Addiction

What 's Happening this month

What's inside

LOG OUT OF GADGETS LOG INTO LIFE!

The world today is highly digitalized with an increasing access to more digital devices and stimuli. Among all the gadgets, smartphones and tabs have obviously carved out a vital place in our lives, keeping us connected and aware of minute-to-minute updates.

With this evolution to make lives easier, comes a feeling that we just can't live without it. With a heavy dependency on technological gadgets and devices, we have a generation experiencing 'digital addiction'.

So, what is this new addiction? Digital addiction can be considered as a damaging dependence on digital media and devices like smartphones, video games, computers and internet. The line between addiction and dependency is a very fine one. However, developing an urge, habit or a compulsive need to use the digital devices to the extent where it interferes with our life and stops us from doing things we need to do is the hallmark of an addiction.

Mental health experts have drawn parallels between digital addiction and substance abuse, highlighting the similarity in the underlying biochemical changes found in the body and brain as a result of these addictions. Research studies indicate a strong correlation between frequent digital media use and mental health disorders such as depression and anxiety.

Now, how do we identify if we or our loved ones are slipping into the trap of digital addiction?

Digital addicts, who are most often children and adolescents, are likely to choose technology, gadgets and devices over:

- Playing outside and engaging in exercise
- Socializing with friends & developing interpersonal relationships
- Spending time with family
- Doing chores & learning basic life skills
- Acquiring a job, academics & gaining life experience
- Developing new skills and talents

The end result of this is

- Increased impulsivity
- Lack of concentration
- Greater loneliness
- Frequent mood swings
- Anxiety
- Low emotional and social quotient
- An overall poor quality of life and wellbeing

What can we do to stop ourselves from crossing the line of our digital usage?

Our engagement with technology and digital devices should be purposeful and monitored. This will help us to refrain from spending hours in mindless scrolling of useless content.



Screen Time

How much is too much!

You are the expert on your child – you will probably know how much screen time is too much for them. A recent study into screen time and children’s health shows that it’s really up to parents to decide on their children’s use of devices like mobiles, tablets, T.V, Laptop, I pad etc., taking their age and maturity into account. Also, it is imperative that screens are avoided strictly at least an hour before bedtime.

Too much screen time can lead to obesity, sleep problems, chronic neck and back problems, depression, anxiety and lower test scores in children. Children should limit screen time to 1 to 2 hours per day. Adults should also try to limit screen time outside of work hours.

A few strategies you may adopt:

Patience

The first thing you need to know when you want to “wean” your kids off their devices is that it can take a little patience.

Try to think of it like potty training – it takes time, there are ups and downs, team work is needed, a dash of sense of humor and lots of encouragement does the trick.

Distract

If you’ve ever lost your phone, you’ll know how strange it feels to suddenly be without it. Your child will be feeling the same thing when he/she will be going from screen-life to real life.

The key is to distract, distract, distract. You need to swap out their device for something that’s fun. Luckily, what children love the most is spending time with you.

Involve

Sometimes children are on the screens because we need to get on with things around the house. A sneaky trick to kill two birds with one stone is to do things like getting them to help you put the dinner on. Chopping, cutting, filling up water bottles, laying the table and list goes on...

Put your phone away too

One of the best things to do is to lead by example. You're the main influence in your child's life, so if you put your phone away they might too.

You might be surprised at how nice it is to spend time together when you're not both scrolling through your phones all night! Do install a digital wellbeing tracker to monitor your own usage.

Plan Routines

If your kids are glued to the screen, a good idea to "wean" them off is to do fun things that take them completely away from their devices – like cycling or going on a treasure hunt to find everything in your neighborhood that starts with "R".

You can even do things like asking if they can write/ create a comic strip about their best day ever.

Having a parent/adult or a buddy to keep a check on you can be beneficial. Scheduling your time and day offers a structure and motivation to following through the chores and tasks you have to complete. Make sure to include slots for non-digital entertainment with friends and family. Cultivating a hobby proves to be useful in keeping us occupied and away from technology as well as helping us development of skills

Now that you are aware about digital addiction and its consequences, you are in a position of responsibility to spread this awareness among

others around you. In case you or someone around you is struggling with uncontrolled engagement with technology and digital devices you can always approach a trusted adult at school or at home and even an expert for better advice and help.

References:

1. <https://www.forbes.com/sites/robertglatter/2018/04/13/digital-addiction-a-recipe-for-isolation-depression-and-anxiety/?sh=330357775f6b>
2. <https://www.shepherdhillacademy.org/resources/what-is-digital-addiction/>
3. <https://unitedbrainassociation.org/brain-resources/digital-addiction/>
4. <https://www.itstimetologoff.com/digital-addiction/>

Our children Speak

Devices

By Daivik Dommati VIII C

What comes to your mind when you hear the word device? you must be thinking about phones, laptops, T.V and more. Most of us have become dependent on them, in this digital era.

Some of the harmful effects of devices can be increasing eyesight, obesity due to lack of physical exercise and exposure to electromagnetic radiation which can be harmful to the human brain and can cause tumors.

It's time to save ourselves from this addiction and make the right choice my friends. limit your screen time, maintain 50 to 60 meters' distance, enroll in a good hobby, spend more time with family and enjoy the simple pleasures in life.

Device Addiction

By Swetcha .G IX B

Device Addiction is an excessive usage of devices, technology addictions can be extremely dangerous and contribute to various neurological, psychological and social problems. signs include loss of control over behavior related to the cell phone, changes in mood related to use, tolerance of the device, and inability to regulate the use of the cell phone/device

It is not only impacts in wasting time but also negatively influences young children in all the aspects of their lives. They suffer in different ways like lack of focus in studies, trouble concentrating, easily distracted, restless and get irritable if they are unable to access their devices.

It's difficult to break the bond between you and your device initially, but taking the first step of self-discipline will give good results.

A few suggestions

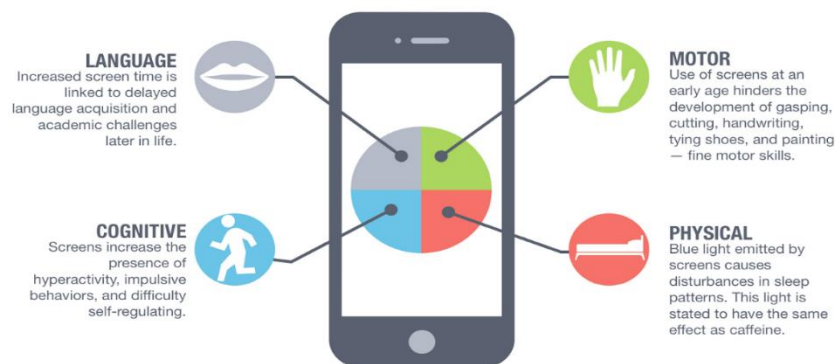
Set up time in a day to use your devices

Turn off notifications

Create time to engage in hobbies

Spend more time with family

There are various other ways to break away from this habit, though it sounds difficult, it helps you to discover a whole **NEW YOU** !



INTERNET ADDICTION

INFOGRAPHIC

DRIVING
Losing focus, distracted
concentration drops



BEDROOM
Losing focus, distracted
concentration drops



EATING
Losing focus, distracted
concentration drops



HOMEWORK
Losing focus, distracted
concentration drops



TRAVEL
Losing focus, distracted
concentration drops

WORKING
Losing focus, distracted
concentration drops



SOCIAL
Losing focus, distracted
concentration drops



DANGER
Losing focus, distracted
concentration drops



TALKING
Losing focus, distracted
concentration drops



SCREEN TIME:

Recommended limits for kids

UNDER 2 YEARS OLD

Zero screen time, except for video chatting with family or friends

2-5 YEARS OLD

No more than one hour per day co-viewing with a parent or sibling

5-17 YEARS OLD

Generally no more than two hours per day, except for homework

