# You Need a Tech Break — Unplug Article (PEBB)

## How to use

* Share the article below in a newsletter or blog to promote the *You Need a Tech Break — Unplug!* activity, which runs from July 6 through October 1, 2021.
* The article is ready to use as is or you can edit to make it work for your organization.
* If needed, finish by adding your contact information, logo, and more.

**ARTICLE BELOW**

**Title:** Join the You Need a Tech Break — Unplug! Activity



With so many of us tied to technology our entire workday and then using it for recreation outside of work, our physical and mental health suffer. More than 8 in 10 Americans say they are constantly or often connected to their gadgets - checking email, texts, and social media.

## Impacts of screen-time

* Excessive screen-time mimics addiction by impairing brain structure and function. One study says young people will spend the equivalent of five years of their life on social media.
* Adults look at a screen close to 11 hours a day and check their phone every 10 minutes. (That doesn't even count texting, selfies, or talking!) These constant checkers have higher rates of stress, anxiety, and depression.
* Just knowing your phone is nearby impairs your ability to think clearly.

## Digital detox

Changing habits is hard. Studies have shown detaching yourself from your phone and unplugging from technology can:

* Reduce stress.
* Improve your mental and physical well-being.
* Help you focus on what really matters and engage more meaningfully with people in your life.

## How do I unplug?

Join the “You Need a Tech Break — Unplug!” activity in [SmartHealth](https://smarthealth.hca.wa.gov/) from July 6 through October 1, 2021.

### What is SmartHealth?

SmartHealth is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the [SmartHealth wellness incentives](https://www.hca.wa.gov/employee-retiree-benefits/pebb-smarthealth).

Be well,

The SmartHealth Team

*Supporting you on your journey toward living well*