

# You Need a Tech Break

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.

# Unplug!

## 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.

## How do I unplug?

Join the "You Need a Tech Break - Unplug!" activity in **SmartHealth** 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**.



### Prefer mobile?

Download the Limeade mobile app (**iOS** or **Android**) and enter the code **SmartHealth**.

Smart[]Health

Supporting you on your journey toward living well  
[smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov)