

GLOBAL DAY OF UNPLUGGING 2024

Extension
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In our increasingly connected world, electronic devices have become an integral part of our daily lives. From smartphones to laptops, we rely on technology for communication, entertainment, and information which has increased the time we spend watching or using screens. Striking a balance between screen time and unplugged moments is crucial for our well-being. With this in mind, please consider joining the Global Day of Unplugging by having your family go screen free from sundown on March 1 until Sundown on March 2nd.



Harms of Excessive Screen Time:

- Physical Health: High amounts of screen time contribute to sedentary behavior, weight gain, eye strain, and poor posture.
- Social Isolation: Excessive screen time can replace face-to-face interactions, leading to feelings of loneliness and isolation.
- Addiction: Constant notifications and social media engagement can become addictive.
- Disrupted Sleep: Late-night screen exposure interferes with melatonin production, affecting sleep patterns.

Tips to Uplug

Here are some practical tips for families to unplug from electronics and create a healthier balance with technology:

- Set Up Technology-Free Zones: Designate specific areas in your home where electronic devices are not allowed like the dinner table.
- Read Books: Establish a daily time to read together or individually. Visit your local library to expand options for the whole family.
- Mindful Mornings: Start your day without immediately reaching for technology. Spend the first waking hour without screens.
- Get Outdoors: Take the family for a daily walk to get sunlight exposure and fresh air.

Resources

- Global Day of Unplugging (globaldayofunplugging.org)
- Common Sense Media (<https://www.commonsensemedia.org/articles/screen-time>)
- Center for Disease Prevention and Control (<https://www.cdc.gov/emotional-wellbeing/index.htm>)