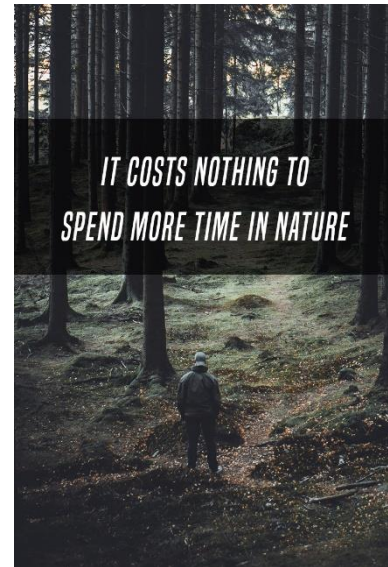


## 5 WAYS TO DISCONNECT FROM TECHNOLOGY AND RECONNECT WITH MOTHER NATURE

Too much screen time can kill you! Staring at your phone all day will rot your brain! Soon, an evil scientist will broadcast a message to all smartphones that turn people into zombies!

You've probably heard about the potential dangers of constantly being plugged in and turned on. While we definitely exaggerated this concern with that last zombie apocalypse prediction, the negative side-effects of too much time online and on your phone are very real.



Overexposure to the Internet and your phone can lead to obesity. You raise your risk of developing type 2 diabetes, some cancers, and multiple heart conditions. The list just starts there. A constant connection to technology can harm you in so many ways.

Fortunately, you can flip the script simply by going outside. Here are five simple but powerful ways to disconnect from technology and reconnect with Mother Nature. The benefit is better health in both mind and body.

### **1 – The Benefits of 10 to 15 Minutes of Sunshine**

Harvard Health Publishing says, "Under the right circumstances, 10 to 15 minutes of sun on the arms and legs a few times a week can generate nearly all the vitamin D we need."

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What are the right circumstances? If you can, you want to expose at least 60% of your skin to sunshine for 15 minutes per day. If you can't expose that much skin, just spend more time in the sun. Ensure you protect yourself accordingly with sunscreen, sunglasses, and a wide-brimmed hat if you stay out in the sun too long.

### **2 – Your Eyes Get a Break**

Too much screen time can cause visual fatigue, blurry vision, and headaches. Natural light gives your eyes a break from the unnatural light technology produces. Short-term symptoms aren't the only issue. Long-term vision problems have also been linked to too much screen time.

### **3 – You Kick Stress to the Curb**

Just 15 minutes outdoors in nature can drop your stress levels. Anxiety, depression, and serious mental health issues all improve when you spend time outside.

### **4 – You Breathe Fresh Air**

The indoor air you breathe might not be the healthiest. Get outside and take a brisk walk or exercise with moderate intensity. This causes you to breathe deeply. That natural air clearing out your lungs can provide you with an energy boost. This practice also lowers blood pressure and improves your circulation.

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## 5 – Improved Brain Function

When your natural composition couples with nature, many automatic and wonderful things begin to happen inside your body. One of them is improved brain function.

When you spend more time outdoors than inside, your creativity, concentration, focus, and mental clarity improve. This awesome benefit Mother Nature offers is so powerful that it has been studied as a treatment for children with Attention Deficit Hyperactivity Disorder (ADHD).

There are a lot of good reasons to spend more time outdoors. Your vision, lungs, and mental abilities improve. It's a great stress reliever, and you can even create all the vitamin D you need. You might just find you're healthier and happier in several ways when you trade in your smartphone and computer for time spent outdoors.



Interested in a “deep dive” on this important topic, or a “coaching session” to learn more about “Disconnecting?” Contact [info@212-careers.com](mailto:info@212-careers.com)

