

# The effects of technology on your health.

Technology is an integral part of our lives and an extraordinary tool... but like any tool, how we use it can affect our well-being. Indeed, prolonged and unconscious exposure to screens can disrupt our body's natural balance. This guide helps you identify warning signs and adopt simple steps to preserve your vitality.

## Constant stress

Our brains were never designed to receive hundreds of notifications a day: emails, messages, social media, news... Our nervous system remains constantly on high alert.

In the long term, this can contribute to:

- mental fatigue;
- difficulty concentrating;
- a feeling of always being "busy";
- and increased stress.

## Sleep

The blue light emitted by screens can delay sleep onset for some people, especially when used before bedtime. Furthermore, the content we watch (work, news, stimulating videos) can keep the brain awake.

### Result:

- less restful sleep;
- fatigue the next day;
- irritability;
- decreased concentration.



## Attention

Our brains crave novelty. Every notification releases a small dose of dopamine. Video games and social media (*with their endless scrolling algorithms, likes, and instant rewards*) are veritable "dopamine pumps." Little by little, it becomes more difficult to stay focused on a single task for long periods. Long-term studies conducted on adolescents and adults show that the use of social media and video games is correlated with an increase in symptoms of inattention.

## Posture

Phone = head forward.

Computer = rounded shoulders.

Working from home = little movement.

### Long-term effects:

- neck tension;
- pain between the shoulder blades;
- headaches;
- lower back tension.

## Respiration

When we're absorbed in a screen, we often breathe more shallowly. Some people even hold their breath for a few seconds without realizing it (*sometimes called screen apnea*). This can accentuate feelings of tension or fatigue in some people.

## Human relationships

We communicate more. But sometimes... We look at each other less. The human brain needs:

- smiles;
- eye contact;
- nature;
- real conversations.

Screens cannot replace these authentic experiences.

## The connection with nature

When we spend several hours in front of a screen... we spend less time outdoors:

- walking;
- breathing deeply;
- observing nature.

And yet... a few minutes spent in nature can already bring a feeling of calm and peace to many people.

## Eye Strain

We blink half as often when looking at a screen, which causes dry eyes, irritation and blurred vision at the end of the day.

## Consciousness precedes change

***Your phone sends you notifications all day long... But do you hear the messages your body is sending you?***

Fatigue - Tension - Shortness of breath... Sometimes, the body speaks softly. The problem isn't that it's silent... It's that we've become too busy to hear it.

I think the problem isn't technology. The problem is when it takes over everything. Technology is wonderful. It allows us to learn, work, communicate... But our bodies still function as they did thousands of years ago. They still need:

🌿 movement  
🌿 silence  
🌿 nature...

🌿 natural light  
🌿 human connection



## Video games: a question of balance

Video games can be a source of fun, creativity, and socialization. However, when they occupy an excessive amount of time in daily life, they can have repercussions on health.

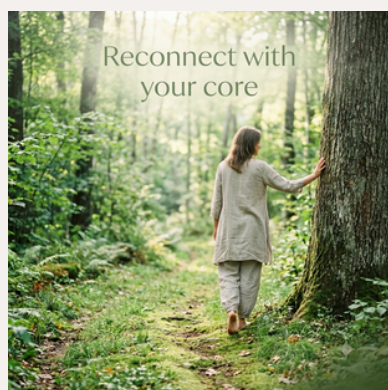




# PUSH START



| What can happen           | Why it's important?                                                                                                      |
|---------------------------|--------------------------------------------------------------------------------------------------------------------------|
| Disturbed sleep           | Screen time in the evening can delay sleep onset for some people, particularly due to the light and stimulating content. |
| Difficulty concentrating  | Notifications and rapid shifts in attention can make it more difficult to maintain concentration.                        |
| Stress & anxiety          | Social comparisons, fear of missing out (FOMO), and overstimulation can increase stress.                                 |
| Sedentary lifestyle       | Spending long hours in front of a screen often reduces the time spent on physical activity.                              |
| Physical pain             | Prolonged posture can promote tension in the neck, shoulders, back and wrists.                                           |
| Eye strain                | Eyes can become dry or tired after several hours in front of a screen.                                                   |
| Social relations          | Online interactions are useful, but they do not replace face-to-face exchanges and human contact.                        |
| Less time spent in nature | More time in front of screens = less time to enjoy the health benefits of nature. )                                      |



## Physical and physiological benefits:

Boosted immune system, lower blood pressure, and improved sleep quality (*exposure to natural daylight helps regulate our circadian rhythm – our internal clock*).

## Benefits for the nervous system and mental health:

Drastically reduced stress, decreased mental fatigue, and improved mood (*being in contact with nature stimulates the production of endorphins, serotonin, and dopamine, acting as a natural antidepressant and anxiety regulator*).



*When my son was a teenager, I noticed that periods when he played video games for several hours were often associated with increased irritability, less patience, and more conflict at home. This experience led me to reflect on the impact certain types of content can have on the well-being of our youth.*

## 7-day challenge (every day)



- 30 minutes outdoors.
- No screens during meals.
- No phone 60 minutes before bedtime.
- A walk.
- Mindful breathing.
- A real conversation.
- Watching a sunrise or sunset.

## As a parent, ask yourself a few questions:

- ? Is my child getting enough sleep?
- ? Does he still spend time outdoors?
- ? Does he has a variety of activities?
- ? Does his mood change after certain play sessions?
- ? Does he become more irritable when playtime stops?
- ? Are mealtimes, homework, or family time secondary to screen time?

## In conclusion...

Social media and video games can have several harmful effects on health, and it's important to be aware of them. In addition to everything mentioned, it's crucial to remember that adolescence is a critical stage in life. Social media is often a source of stress and anxiety, and it impacts self-esteem. The problem arises especially when time spent playing games or on social media replaces:

- sleep;
- physical activity;
- social relationships;
- homework;
- meals;
- and other leisure activities.



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