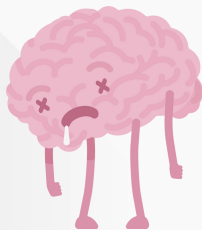
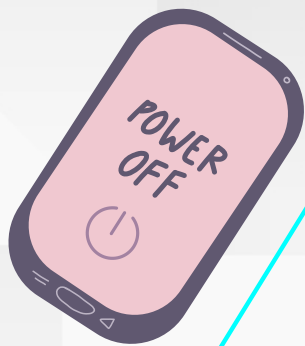


HELIOS NEWSLETTER

LOG OFF AND TUNE IN FOR

MAY

In today's digital age, screens are an unavoidable part of daily life, serving as essential tools for work, education, and entertainment.



While technology offers many conveniences, excessive screen use can negatively impact mental health, affecting sleep, mood, attention, and emotional regulation.

Research suggests that blue light exposure from screens disrupts melatonin production, leading to poor sleep quality and fatigue, which can impair cognitive function.



Additionally, frequent digital multitasking may reduce attention spans and memory retention, while early childhood exposure to excessive screens has been associated with behavioral and emotional difficulties.

Prolonged screen time has also been linked to increased anxiety and depression, particularly among adolescents, as social media fosters negative self-esteem, stress, and unhealthy social comparisons.

To mitigate these effects, experts recommend setting screen time limits, with the American Academy of Pediatrics (AAP) advising no more than two hours of recreational screen time per day for children and adolescents.



Taking breaks, especially before bedtime, can improve sleep, while engaging in offline activities like exercise, reading, and social interactions supports mental well-being.



Mindful technology use, such as avoiding comparison traps on social media, can also reduce stress and anxiety.

While screens are integral to modern life, balancing their use with healthy habits is crucial for overall mental health.

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