



# Screen Time: How Much Is Too Much?



How many hours a day of screen time do you think is unhealthy? How much is too much?

Active use is contributing content through posts, comments, or any other form of online communication and expression.

Passive use is scrolling through online content without reacting to it.

Excessive usage can leave you feeling distracted and drained.

- Tips: No Phone Zone - Pick a spot that you never bring the phone. Maybe the dinner table or the bedroom.
- Schedule specific time by setting a timer.
- Unfollow all negative accounts and people
- Charge device at a plug away from you. Don't use device when you should be sleeping.





When we check our phones,  
our brains release a small  
amount of dopamine.

Healthier ways to get dopamine include:

Listening to Music

Exercising

Sleeping

Eating Protein

What positive changes will you make regarding screen time use?

