



powered by



# MANAGING ENERGY LEVELS

## Less Screen Time, More Energy

Do you experience brain drain after spending several hours behind a digital screen? You are not alone.

Research has shown that high levels of screen time can have a negative impact on brain function<sup>1</sup>. Spending more than six hours watching TV or using a computer has been linked to weight gain, and those who watch more than four hours of screen time each day are more likely to regain weight after achieving successful weight loss. Higher screen time rates have also been associated with lower levels of physical activity and higher rates of depression.

Some experts recommend limiting screen time to two hours each day. While two hours might not be realistic depending on the type of work you do, it might still be possible to set some limits.



### Here are a few ways to reduce screen time while boosting your energy levels:

#### Reconsider video meetings

Reassess how often you need to meet by video conference. Could the same objectives be met with a simple phone call or email exchange instead? Reducing the time you spend in front of a screen might be achievable simply by changing some daily routines.

#### Make your meetings active

If possible, take your phone meetings for a walk, or schedule active in-person meetings and walk together. Movement can also boost creativity.

#### Limit your scrolling

The fewer hours you spend scrolling the web, the more time you have to strengthen meaningful relationships and complete important projects.

*Devoting less energy to screen time also means you will have more energy for the things that matter most.*



1. <https://www.psychologytoday.com/us/blog/mental-wealth/201704/10-ways-protect-the-brain-daily-screen-time>