

# Thrive 365 #10

## Did you know?

Researchers at Korea University in Seoul have conducted studies that reveal that teens addicted to smart phones are more likely to suffer with mental health conditions. This is because the natural balance of the brain is affected by the dopamine flood caused by social media and this chemical change makes natural rewards seem less and less satisfying which can trigger anxiety, depression, compulsion and impulsivity.

## What can you try?

### 1. Set screen-free time

Set screen-free time in your day to focus on offline activities and face-to-face interaction with people you live with. It's easy to get used to communicating digitally and so important to make non-digital human connection a regular habit. Rather than focus on what you won't be doing, focus on what you will be doing.

### 2. Make your bedroom screen-free

Restrict screens in your bedroom as this usage will impact your sleep and also impact your mental health. If possible, get into the routine of plugging your phone in downstairs. People will soon get used to the fact you are not contactable during certain hours.

### 3. Be kind and do good

Try to use your phone to be kind and do good. Think less about what people are saying to you on social media, and more about what you can do to improve their day. Set yourself a target of 5 ways you will help someone else via your phone. This might be a kind comment, retweeting a charity tweet, posting an inspirational comment etc.

*We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.*

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