TriHealth EAP is a part of the Corporate Health division of the TriHealth Healthcare System. We provide:

- Assessment
- Referral
- Counseling
- Crisis Intervention
- Work/life services
- Management Consultation
- Workplace Training

"Technology has become an inseparable part of our lives. We need to adapt to it in ways that don’t harm ourselves" - aha-now.com
GOALS

- How we got to where we are today
- Explore the “benefits” and “challenges” of technology to our daily lives and our wellbeing
- Explore the impact on children and families
- Discover how to make technology work for you and to your family’s advantage

A BRIEF HISTORY

CHANGES IN TECHNOLOGY - TV

Black and White TV
- Big box/small screen
- 5 channels
- Limited time

Color TV
- Big box/bigger screen
- Cable TV, unlimited channels
- 24/7
- VHS

Large Flat Screen
- HD, HD plus, HD, surround sound, DVDs, HD, video on demand, internet capable, viewing on our computers, phones and pads and TV
CHANGES IN TECHNOLOGY - RADIO

AM  FM  Satellite  HD
livestream with Pandora, Spotify

CHANGES IN TECHNOLOGY - MUSIC

Cylinders, 78's  45's  LP's
Reel to Reel  8 track cassette  CD's
itunes, MP3's, livestream

OTHER CHANGES IN TECHNOLOGY

- slide rules ➔ calculators
- hard covers ➔ paperbacks ➔ Kindle
- wired phones ➔ cordless phones ➔ cell phones ➔ smart phones
HOW HAS TECHNOLOGY HELPED?

Advances in:
- Communication
- Business
- Medicine and Healthcare
- Science
- Education
- Social
HAS TECHNOLOGY HINDERED?

• 34% of workers report suffering from information overload and 23% from technology overload
• Information overload can lead to stress
• E-mail and text distraction
  — “2/3rds of senior executives and managers said e-mail was their most prominent workplace distraction” Emily Keller, Business Week, 2007
• Distraction from important issues
• Online social networking also has the potential to be socially isolating

HAS TECHNOLOGY HINDERED?

• Can lead some to compulsive behavior
  “...technology’s great but it’s supposed to serve us; we’re not supposed to be slaves to it.” Dr. Brian Luke Seaward
• More likelihood of multi-tasking leading to errors
  “Multi-tasking is going to slow you down, increasing the chances of mistakes”
  David E. Meyer, Dr. Brain, Cognition and Action Laboratory, University of Michigan
• Less physical activity degrades our health
  “Sitting is the new smoking”

WHO IS USING INTERNET AND ELECTRONICS?

• Internet
  — Facebook: over 1.5 billion users
  — Twitter: average tweets per day = 500 million
• TV
  — Men watched 4½ hours daily, women watched 5½ hours, children and teens were at 3½, A.C.Neilsen Co. 2009
• Video Games
  — 1.2 billion worldwide play computer and video games. Of those, 700 million are on-line.
  — the average U.S. gamer spent 6.3 hours a week playing video games in 2013, Time
  — the average game player is 31 years old, however more gamer are over 36 compared to those ages 18-35, Venture
HOW DO YOU SPEND YOUR TIME?

Do you know how much time do you spend:
• watching television?
• social networking?
• browsing on the internet on your computer or phone?
• video gaming?

IF YOU’RE NOT SURE, KEEP A DAILY LOG FOR A WEEK

Time to do a self assessment. How much time do you spend on:
• On the internet?
• On TV?
• On video games?
• On your smart phone?

WARNING SIGNS

• Are you using text messages, e-mail, and voice mail when face-face interaction would be more appropriate?
• Are you limiting time with family or friends in order to... surf the internet, watch television
• Are you unable to relax without constantly checking e-mail, Facebook, Twitter and other social media

Adapted from “Technology Overload” can ruin relationships. Reuters 1/23/08
HOW MUCH IS TOO MUCH?

When you're out to dinner, does your smart phone occupy a seat at the table?

Does your spouse ever check email before saying "good morning" to the kids?

Does your child sleep with his laptop? Adapted from "Your BlackBerry or Your Wife: When the Whole Family is Staring at Screens, Time to Try a Tech Detox," Elizabeth Bernstein, Wall Street Journal

i.e. are you a technology addict?

IT'S TOO MUCH WHEN YOU ARE:

• Staying up past your bedtime to be on the internet or watch TV
• Staying on longer than you intended
• Neglecting family and friends
• Family, friends or co-workers express annoyance or concern
• Feeling irritable or anxious when not at the computer
• Lying to others about your activities
• Not completing work assignments

Or….it maybe it’s too much because you don’t like how it is making you feel?
RECOMMENDATIONS: HOW TO BEGIN

- Mindfulness
  - bringing one's complete attention to the present experience on a moment-to-moment basis
- Boundaries
  - unplug and set boundaries
- Set a schedule (and stick to it)
  - limit the amount of time to spend on Facebook, Twitter, internet, video games, TV, etc.

OUT OF SIGHT, OUT OF MIND

- Unplug from technology
  - Two days a week just sit and read a book or journal for an hour or two
  - Designate cell phone or computer free zones, times or activities at home
    ...and if that doesn't work
- It may be time for a technology cleanse
  - Going a week or longer without technology, then slowly adding back

AT WORK: LIMIT INCOMING

- Make a to-do list, organize your schedule and stick to it.
- Resist temptation to react to everything as urgent.
- Respond to non-urgent calls and e-mails at certain times of day.
  "e-mails are important but not more than your mental health." - Rohan Chaubey
AT HOME: AVOID MULTI-TASKING

- Take the time to write actual letters and send cards through traditional mail
- Avoid multitasking with electronic devices
  - One screen at a time.
- Set a time for face to face with family and friends
- With your friends or family? Shut off your phone
- Before sleeping, shut all of your devices down

SIGNS OF ADDICTION

- Tolerance – need to spend increasing amounts of time on online activity, games, files, chat rooms, etc.
- Withdrawal – psychological discomfort if not on the internet
- Compulsive use – inability to regulate or moderate use…out of your control.

TREATING AN INTERNET ADDICTION

- Treat as any other addiction
  - Therapy, support groups, medication
  - Set firm boundaries
  - When at all possible, remove the source of the addiction, limit times and access
- Utilize the support of family and friends
- Develop alternate activities preferably in a different environment
CHILDREN AND TECHNOLOGY

How dangerous is technology for children?
• Parents biggest fears are:
  – Fear of addictive behavior
  – Social withdrawal
  – Exposure to violence
  – Distraction to completion of tasks/homework
  – Fear of posting personal information online and exposure to danger-stalking, sexting, or cyber-bullying

BENEFITS AND RISKS TO PLAYING VIDEO GAMES?

• Outlet for creativity
• Allows child to try on new roles in a safe environment
• Provides opportunities to practice in planning and recognize consequences
• Promotes interest in exercise and sports
• Improves visual/spatial skills
• Nourishes self esteem, pride and socialization skills

• The overwhelming majority of kids who play do not commit antisocial acts. Most studies found a correlation, not a causal relationship, i.e. the research could simply show that aggressive people like aggressive entertainment. Reality Bytes: Eight Myths About Video Games
  Cheryl K. Olsen, grandtheftchildhood.com

THE REAL RISK TO PLAYING VIDEO GAMES

The real risk may be how much time is being spent.
• Is there a reasonable balance between screen activities and other activities?
• Is your child preoccupied with video game activities even when not playing them?
MANAGING CHILDREN’S ONLINE AND DIGITAL ACTIVITIES

• Keep an open mind and have an open discussion with your children
  – You can’t protect them from all risks at all times, however, you can educate them, help them to make good choices when you are not around

MANAGING CHILDREN’S ONLINE AND DIGITAL ACTIVITIES

• Establish boundaries, set parental controls
  • Limit amount of time allowed
  • Family rules
    – No electronic media at the dinner table
    – No texting during homework time, set curfew at night
  • Select age appropriate games
  • Keep video monitor/computer in common area
  • Friend your child on Facebook and social media

MANAGING CHILDREN’S ONLINE AND DIGITAL ACTIVITIES

Consider using child protection software
  • ParentalSoftware.org lists parental control software
  • Top Ten Reviews, http://internet-filter-review.toptenreviews.com/ rates the programs
  • Connect Safely, http://www.connectsafety.org/ for parents and teens, tips, safety advice, articles, news, analysis, video and other resources to promote safe, effective use of connected technology.
FAMILY

- Encourage activities that require family interaction, physical or creative activities, game night
  - Involve children in the planning
- Try pulling the plug for a week or weekend
  - You notice some refreshing changes

HERE ARE SOME INTERESTING IDEAS

- “Our Winter of Disconnect”
  - Susan Maushart
- Sabbath Manifesto
  - www.sabbathmanifesto.org
  - a creative project designed to slow down lives in an increasingly hectic world. The National Day of Unplugging is on March 3-4, 2017.
  *You can take a pledge at nationaldayofunplugging.com

SOME POTENTIAL BENEFITS OF UNPLUGGING

- More “You” time for other activities that you enjoy.
- More time for the people in your life who really count.
- Less muscle aches and pains and eye strain
- Better sleep
- Improved mood, better focus
WHAT'S YOUR PLAN?

- Start small
- Set designated times to check email and social media
- Turn off notifications on phone/computer for email and social media
- Move apps away from home screen
- On average, it takes about 6-8 weeks to form a new habit.
  - Don’t give up if you have a temporary setback

EVERY NOW AND THEN
UNPLUG FROM THE WORLD
AND CONNECT WITH YOURSELF.

thingsweforget.blogspot.com