how to balance

screen time

for a healthy headspace

The internet has changed the way we work, socialise and relax, with a lot of these activities now happening online. It has added a lot of value to our lives.

Gaming can be a positive and enjoyable pastime. It can help us connect with others, feel socially included and improve our self-esteem. Healthy gaming can bring structure and

relaxation and fun.

The research is unclear how much screen time is too much. What is clear however, is that it is important to keep a healthy

Not all screen time is the same. Screens and devices have become essential for us to do our work, and can be excellent learning devices. We can use them to connect with others, get support, master new skills, relax and have fun. Some online activities help us t.(e fs 79ed nline activit 12 .d(o)Tj1 0 so)Tjjs nline actt,e usssTjj8Wnlines d(o)Tj1 0 02 -129 8792 81 5 Tr (av)Tj1 0 unhealthy

It is important to think about

Exercise: Research has linked screen time with an increased amount of sedentary behaviour in children and teens, and we know that being active is good for our physical and mental health. Are you still making time to move? Play sport or be more active?

Sleep: is VERY important. If you are gaming when you

a little earlier or move your device out of your bedroom. Most young people need between 8 and 10 hours of sleep per night to be at their best, both physically and mentally.

Social time: Being connected to others helps us feel good. We can connect with others online but it is important to see people we care about too. Are you making time to regularly meet up with friends and family?

Variety of activities: are you keeping up with your school tasks and work? Are you doing a variety of other activities that you enjoy like reading, music or other hobbies? Do you make time to stop and eat well? Don't let other

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sad or tense when you game or can't game, it might be time to think about the balance of screen time in your day.

Money
on new games or in-game purchases? This can become a problem for some people too.

the impact that your screen time is having on your life in each of these areas below.