

# Living Beyond Screens



## Counsellor's Newsletter

Screens are powerful tools - it is how we use them that matters.



The Contented Child

<https://shorturl.at/N7pZQ>

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Nearly everyone uses smartphones, computers or laptops daily. As the quote depicts, the screens have become an inseparable part of our lives, offering endless possibilities for learning, showcasing talent, and connecting with the world around us. Yet, what truly matters is how we choose to use it. As parents and educators, our role is to guide children toward balanced, mindful, and purposeful use of technology.

# Digital detox

Constant screen exposure can damage our eyesight and negatively affect our overall health. We may feel tired, have headaches or lose concentration. Long term screen viewing causes constant stress and increased anxiety. Digital detox is the latest solution to improve overall wellbeing. Less time on different devices helps us focus on our tasks. We become more present in our daily lives instead of constantly escaping into digital entertainment. Reducing screen use also helps restore mental clarity.

From online learning to social media, shopping, and gaming, people are spending more time in front of screens than ever before. While technology has undeniably advanced communication and education, recent research highlights growing concerns about its effects on young minds. A study by researchers at the University of California, San Francisco, revealed that preteens with excessive screen time were more likely to develop manic symptoms as they got older. The study tracked data from over 9,000 children aged 10 to 11 over three years and found a link between high screen usage and behaviours such as:

- Lack of self-esteem or overconfidence
- Decreased need for sleep
- Increased talkativeness and rapid speech or be quite
- Racing thoughts and distractibility
- Impulsive decision-making

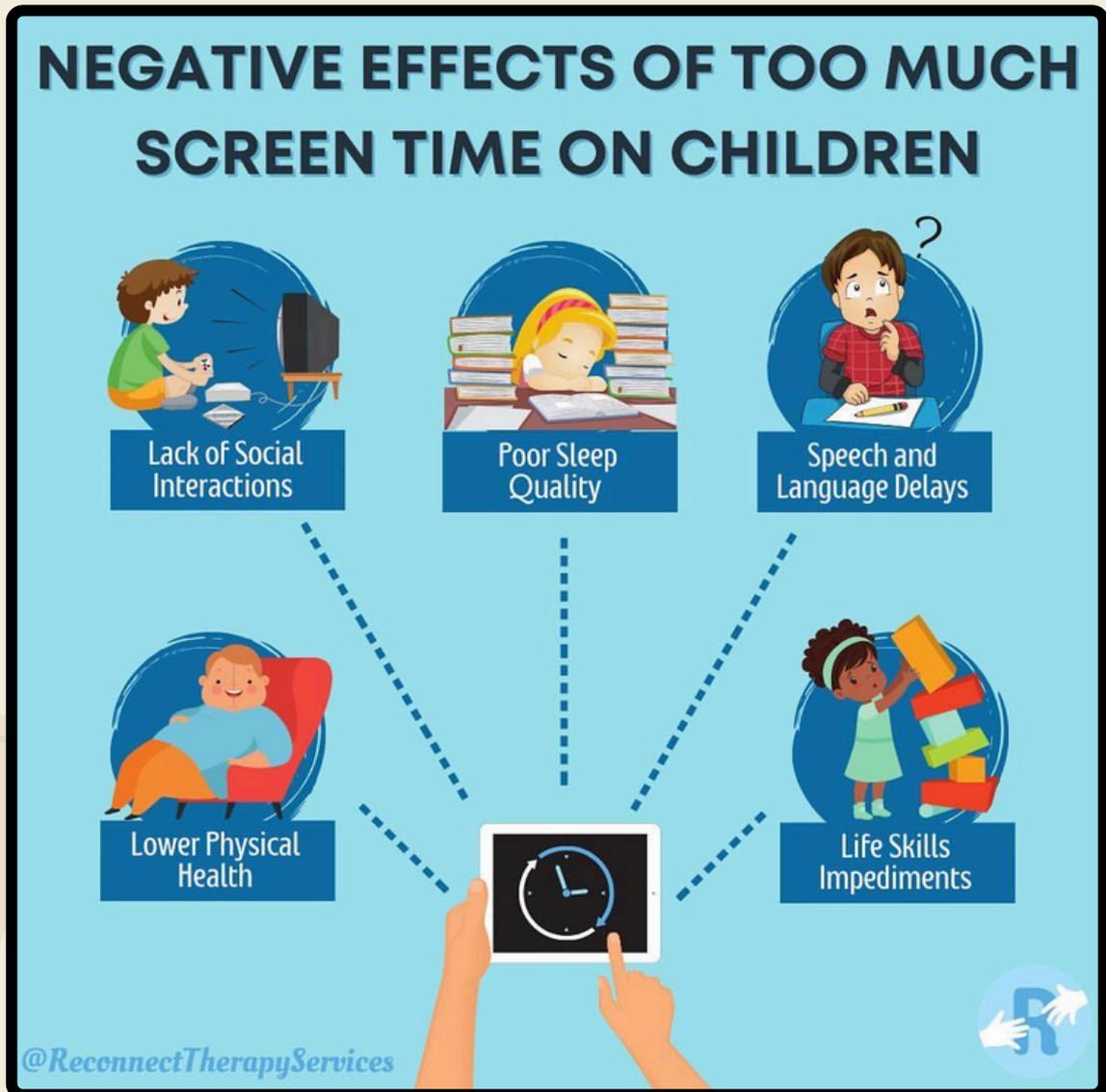
## Symptoms of Prolonged Screen Time

### 1. Disruption of Sleep Patterns

Prolonged screen exposure, especially before bedtime, can interfere with natural sleep cycles. Poor quality sleep has been linked to mood swings, anxiety, and manic episodes.

## 2. Overstimulation of the Brain

The rapid pace of digital content, such as social media notifications, video games, films, reels and videos, keeps the brain in a constant state of excitement. This overstimulation may contribute to hyperactivity, impulsivity, and emotional imbalance.



## 3. Social and Emotional Impact

Excessive screen time can reduce face-to-face interactions, limiting opportunities for children to develop essential emotional and social skills. Lack of social engagement may increase feelings of isolation, frustration, and mood instability.

# DYPIS- Wellbeing sessions

As an adult, we become addicted then imagine the state of mind of today's children and young adults who are always surrounded by this tech-savvy world. It is our priority to keep this generation on track with the appropriate use of technology. At DYPIS, we spread awareness among our learners to understand the usage of social media and how it affects their physical and mental wellbeing. Students from the secondary section had a guest speaker session focused on helping them understand how to effectively use their time and grab opportunities.



Recently we also conducted a session for parents on mental wellbeing by Mr. Sanjeevan Singh Sandhu (mental fitness trainer). The aim of the parent session was to empower the parents with the strategies to engage their children actively at home. The facilitator discussed the real life experiences, shared strategies and enlightened the parents queries with a positive and realistic approach.



Encouraging children and older children to move away from social media overuse is essential. Developing hobbies such as reading, creative arts, and family bonding activities can provide them with meaningful experiences beyond screens. Parents play a vital role by being mindful of the content their children access. Setting parental controls and having open conversations about responsible digital behavior with older children can safeguard them from harmful or inappropriate mindset.



Final word, in today's digital age, it is easy to turn to technology for quick solutions. Yet, love cannot be uploaded, time cannot be downloaded, and not all answers can be searched online. The true meaning of life is found in real experiences, relationships, and the values we nurture. As parents and educators, we are reminded that children grow best when they are encouraged to explore, feel, and live fully—beyond the digital space.

“  
You can't upload love,  
you can't download time,  
you can't Google  
all of life's answers.  
You must actually  
live some of your life.  
”

<https://shorturl.at/2Lujo>

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