

ANTECEDENTS

People are experiencing undo stress and taking on the burdens of others with social media and graphic, realistic games

TRIGGERING EVENTS

Screen time can be a trigger for other health issues

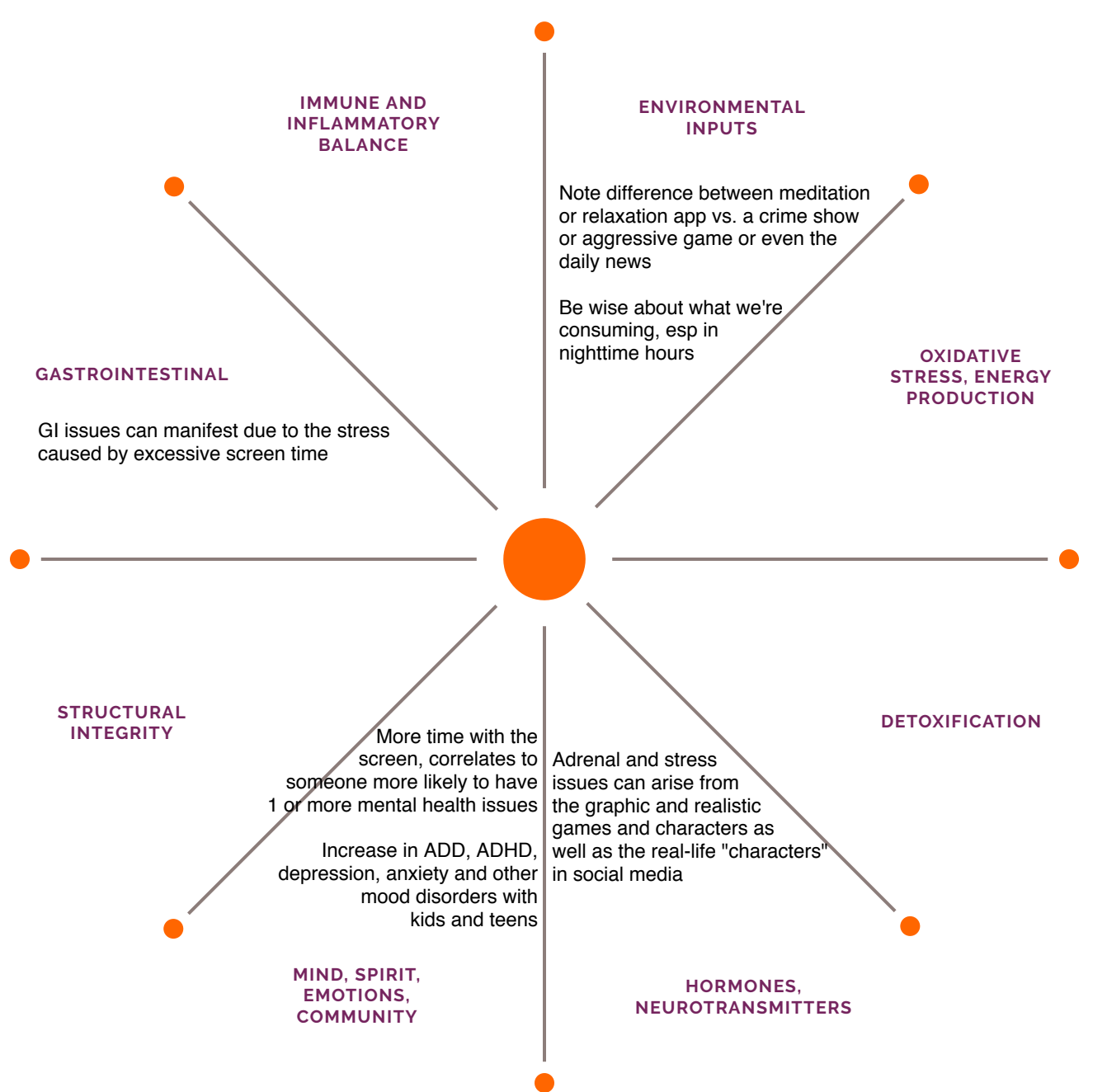
Be sure to include questions about screen time in your Intake Process!

MEDIATORS

- Screen time!
- Amount of time is correlated with higher risk for mental health issues

We have more devices than ever before and we're more and more reliant on them

We're using devices to "manage" or avoid the tough things in life



IMMUNE AND INFLAMMATORY BALANCE

ENVIRONMENTAL INPUTS

Note difference between meditation or relaxation app vs. a crime show or aggressive game or even the daily news

Be wise about what we're consuming, esp in nighttime hours

OXIDATIVE STRESS, ENERGY PRODUCTION

GASTROINTESTINAL

GI issues can manifest due to the stress caused by excessive screen time

STRUCTURAL INTEGRITY

More time with the screen, correlates to someone more likely to have 1 or more mental health issues

Increase in ADD, ADHD, depression, anxiety and other mood disorders with kids and teens

MIND, SPIRIT, EMOTIONS, COMMUNITY

Adrenal and stress issues can arise from the graphic and realistic games and characters as well as the real-life "characters" in social media

HORMONES, NEUROTRANSMITTERS

SLEEP/RELAXATION

Blue light suppresses melatonin production; people not getting enough deep sleep

Incorporate a device free time before bed, at least 1 hour

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

STRESS/RESILIENCE

Stress impacts every part of the body

Resilience comes from taking a screen time sabbatical (try once/week)

RELATIONSHIPS/NETWORKS

Relationships and social interactions suffer with too much screen time

Build trust with education regarding the intervention