

Ladies and gentlemen,

Today, I want to talk to you about something crucial for our well-being: reducing screen time. Imagine a world where you have more energy, creativity, and real connections with the people around you. This isn't just a dream--it's entirely possible when we choose to cut back on screen time.

We live in an age dominated by screens. They are everywhere--our phones, tablets, laptops, and TVs. While technology has indeed brought us many benefits, it's time we acknowledge its impact on our lives. Too much screen time can lead to eye strain, sleep disturbances, and even mental health issues.

But, here's the good news: By consciously reducing the time we spend in front of screens, we can reclaim our lives. Imagine having more time to pursue hobbies, to engage in physical activities, or to simply relax without digital distractions. Picture yourself feeling more refreshed, more focused, and more connected with the world around you.

Cutting down screen time doesn't mean giving up technology altogether. It's about finding a healthy balance. Start by setting limits for yourself--perhaps no phones during meals or dedicating one day a week as a screen-free day. Encourage your family and friends to join you in this journey. Together, we can hold each other accountable and make it a fun and rewarding experience.

Let's commit to spending less time in the virtual world and more time enjoying real-life experiences. Make this change today and see the positive impact it has on your life. Together, we can create a healthier and more fulfilling future.

Thank you.