

Ladies and gentlemen,

Today, I want to talk about something that affects all of us: screen time. We live in a world surrounded by screens--phones, tablets, computers, and TVs. While these devices connect us to information and each other, they also have a downside: they impact our mental wellness. Imagine a life where you feel more peaceful, less stressed, and more connected to the real world around you. Reducing screen time can make this a reality. Research has shown that excessive screen time is linked to increased anxiety, depression, and reduced attention spans.

Consider this: By simply setting limits on your screen use, you can create more time for activities that promote mental health--like exercising, reading, or spending time with friends and family. These activities help to boost your mood and improve your overall well-being. So, I challenge you to take small steps towards reducing your screen time. Perhaps start by designating screen-free times during your day, or create tech-free zones in your home. Notice how these changes affect your mood and mental state.

Together, let's embrace a healthier balance with our screens and prioritize our mental wellness. Thank you.