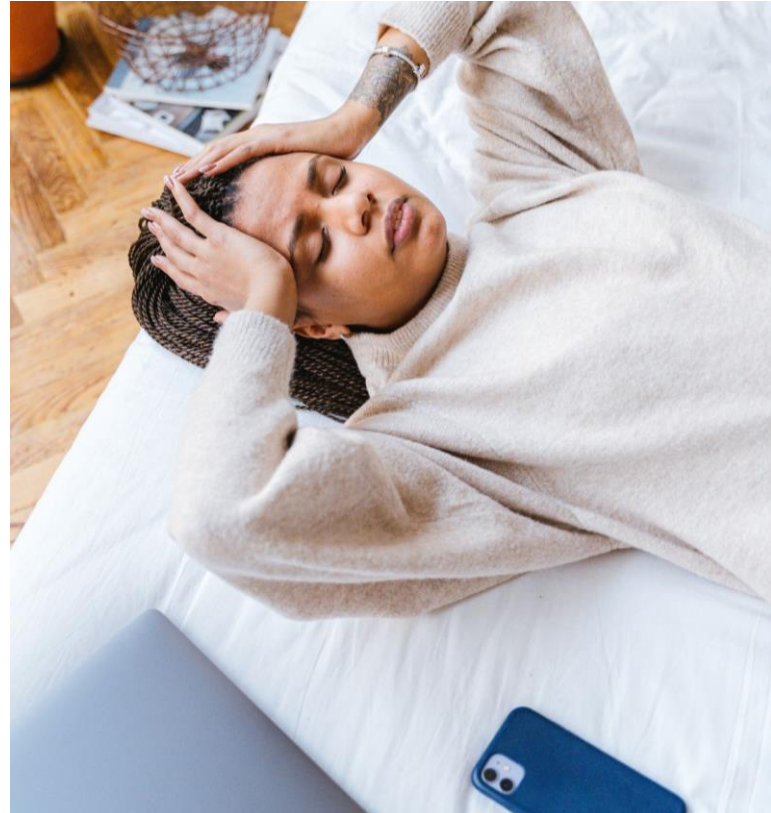


# CLINIC NEWSLETTER

DECEMBER 2024 | LET'S TALK: UNPLUGGING

## WHY UNPLUG?

Unplugging from digital devices offers numerous benefits for mental and physical well-being. It allows the mind to rest, reducing stress and improving focus by breaking free from constant notifications and information overload. Disconnecting creates space for deeper, more meaningful connections with others and enhances productivity by minimizing distractions. Physically, less screen time can lead to better sleep, reduced eye strain, and fewer sedentary habits. Unplugging also encourages mindfulness and reflection, fostering creativity and providing a fresh perspective on daily life. Embracing these moments of digital detox promotes a balanced, more intentional lifestyle.



## ENRICHING ACTIVITIES TO ENJOY

### Creative Pursuits

- Reading
- Journaling
- Photography
- Art and crafts

### Physical Activities

- Exercise
- Yoga
- Outdoor adventures
- Dancing

### Social & Family Time

- Meet friends
- Board games or puzzles
- Volunteer

### Learning & Growth

- Learn a new skill
- Take a class
- Visit museums or libraries

### Relaxation & Mindfulness

- Listen to music or podcasts
- Gardening
- Take a nap or daydream





## UNPLUG YOUR KIDS TOO!

Excessive screen time can significantly impact children's physical, emotional, and cognitive development. Physically, it may cause eye strain, poor sleep due to blue light exposure, and a sedentary lifestyle, contributing to obesity. Mentally and emotionally, too much screen use can increase anxiety, depression, and irritability, while also reducing attention spans. Cognitively, it may hinder academic performance and delay developmental milestones, especially in younger children, by limiting essential activities like imaginative play and exploration. Socially, excessive screen use can impair communication skills and foster isolation, as virtual interactions often replace real-world connections. To mitigate these effects, experts recommend setting age-appropriate screen time limits and encouraging balanced activities such as outdoor play, reading, and family interactions.

# The clinic will be closed on Wednesday, December 25th

Check out the website for some coloring pages to help you relax and unwind a little this month.



### Need an appointment? Have questions?

Call 317-346-7970

Email [pmrjmh@pmrhealthcare.com](mailto:pmrjmh@pmrhealthcare.com)

Go online to [www.pmrjmhfranklin.com](http://www.pmrjmhfranklin.com)

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*Check website for current clinic hours*

