

This is your brain on **SCREEN TIME**



3x

People consume three times as much information daily as they did in 1960.



61%

of people can't ignore their electronic devices. They check them within the hour after getting an email, text, or alert.



50%

of people check their work email outside of work hours, including weekends and vacations.



61%

of people have felt jealous, depressed, sad, or annoyed after checking updates on their social media account.

“**Sorry,
what did
you say?**”

81%

of people admit to interrupting conversation, mealtime, or playtime with family or friends to check their social media, text messages, or email.



3 out of 5

people spend more free time on their computer than they do with their significant other.



73%

of people believe their use of electronic devices has contributed to **stress in their life.**

meQuilibrium.com Interactive Stress Management

Statistics according to research conducted by the University of California, San Diego; Kelton Research; and meQuilibrium.com
Created by DiabeticLivingOnline.com



RECHARGE YOURSELF Once A Week: Pledge to Unplug!