



MHST tips for wellness

Digital Detox

This week's theme is Digital Detox.

Did you know that an addiction to screens can be harder to treat than an addiction to drugs? One study found that teenagers spend on average 11 hours a day in front of a screen! This takes away from other activities, such as in person socialising, time outdoors and hobbies that don't require screens.

Try one, or both, of the below activities throughout this week.

- 1) Set specific times of the day where you will switch off certain apps/games/screens. You can set a reminder on your phone/alarm clock, or write the times down on a post-it and place it somewhere visible.
- 2) Check out [this quiz](#) on what type of social media feed you have. There are also tips on how to have a more positive social media feed.

Useful Links: Information for [primary schools](#), [secondary schools](#) and [parents](#).

The Mental Health in Schools Team provides support to students and schools. We are available during term time and school holidays. Please contact your school's Mental Health Lead, or your Education Mental Health Practitioner for information and advice.

Useful dates for November:

19th International Men's Day

20th Universal Children's Day