Don't let your screen time steal your me time.

The shift to virtual health accelerated during COVID-19, and it looks like it's here to stay.

Virtual health, also known as telehealth, has transformed how people connect with care. With just a phone, tablet, or computer, patients can meet with licensed doctors, therapists and specialists without leaving home.

Set Screen-Time Limits
Use built-in tools on your phone or apps to track and reduce time spent on social media or entertainment.

Take Digital Breaks
Step away from screens regularly. Even a few minutes of stretching, walking, or resting your eyes can boost energy and focus.

Create Tech-Free Spaces
Designate areas like the bedroom or dining tables as device-free zones to encourage rest and real-life connections.

Use Tech with Intention
Before opening an app or website, ask yourself what you want to accomplish. This helps cut down on mindless scrolling.

By using technology more intentionally, you can reduce stress, improve focus and build healthier habits. Small changes, like setting boundaries and taking breaks, make it easier to maintain balance in a digital world.