



Be in the Know...Be Well!

August 2021

Living in a technologically advanced society has numerous positives that support us in our everyday lives. We can communicate easily with loved ones, share meaningful photos on a social media platform, organize our tasks and sync our schedules. With so many efficient tools, it is easy to forget that at times we should be slowing down and spending our time more mindfully. In this month's Be Well Newsletter, the goal is to help you bring awareness to your use of technological tools, the feelings surrounding it and how to decrease the amount of time you spend on a screen.

Before jumping into what you can do, ask yourself, does the time I spend on technology truly help me? Does it bring me joy? Take some time to notice the feelings surrounding the support you receive from said tech tools. If the answer is yes, awesome, keep up the great work! If not, read through the below recommendations and add them to your journey of betterment:

1. **Morning Routine:** We live such busy lives, grabbing your phone as soon as you wake up can trigger anxiety with all of the lists and emails we see. Give yourself ten minutes and let yourself wake up fully before throwing yourself into your to-do list.
2. **Bedtime Routine:** Start with putting your phone down 15 minutes before bed and slowly increase the amount of the time making your way to an hour of no screen time before bed.
3. **Time Limits:** If you are noticing that you are spending a lot of your time on an application, remember that most smart phones now have a setting in which you can add a time limit to any application (don't forget emails count).
4. **Meal Times:** Create a "no technology at meal times" rule to support spending quality time with loved ones.
5. **Monitor:** Simply track the amount of time you spend on your phone daily/weekly and reduce it by 10%. For example, if last week you spent an average of 5 hours a day on your phone, see if you can set a goal to spend 4.5 hours a day that following week.
6. **Do Not Disturb:** Find that you are always reacting to every notification? Place your phone on Do Not Disturb mode, this way you are not tempted to constantly check each message or social media update you receive (be sure to add phone numbers to your favorite list should you want to receive notifications from specific people).

Please visit BeWellCaldwell.com or CALL 973.886.8300
Follow us @BeWellCaldwell
175 Fairfield Avenue - Suite 1C West Caldwell, NJ 07006



The benefits of using tech tools are high, however, monitoring our screen time will also benefit our overall well-being. This upcoming month, see if you can practice one of the above shifts and notice any changes. Be sure to stay open minded and trust the process of learning a new skill, it's always a bit challenging!

Until next time,

Sofia Neves-Gilcher, MA, LAC

Be Well Psychotherapy, LLC

Sofia has over ten years of experience working with children, adolescents and adults in school and clinical settings. She uses a person centered approach that focuses on Mindfulness, Positive Psychology and viewing the client holistically. As a Therapist at Be Well Psychotherapy, Sofia meets the client's needs by creating a safe space for them to find their inner balance and create joy in their day to day experiences. Sofia specializes in anxiety, communication skills, goal setting and building self-esteem.

Please visit BeWellCaldwell.com or CALL 973.886.8300
Follow us @BeWellCaldwell
175 Fairfield Avenue - Suite 1C West Caldwell, NJ 07006