

Staying connected in today's digital world



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Smart Everything

These days we have Smartphones, Smart cars, Smartboards, Smart everything, but consider this:

- If the technology is getting smarter, does that mean humans are getting dumber?"
- An estimated 77 percent of Americans own a smartphone. That represents a spectacular jump from 2011, when only 35 percent reported owning them. And the numbers are even higher among 18 to 29-year-olds with 92 percent owning at least one phone.

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Facts

Average age of owning a smart phone is 10 years of age.

Before smart phones

- We asked others
- We spoke on the phone
- We talked in person to others

Today

- We "google"
- We instantaneously know the answer
- We solve less of our own problems



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More facts

Before smart phones

- We interacted with humans on a personal level
- We spoke on the phone
- We met in person
- We shook people's hands

Today

- We have instant communication
- We email
- We text
- We instant message
- We use shortened phrases (LOL, TBD, BRB) and emojis to communicate
- We are bombarded by influx of communication and expect immediate responses

From 1979 -2012

- Getting together with friends has decreased from 50% – 35%



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Cell phone addiction

People spend their time on social media, answering business emails, doing academic searches, finding answers to questions, and playing games.

Almost 95 percent of Americans own cell phones and 77 percent own smartphones.

Around the world, smartphones were used by 1.85 billion people in 2014 which is expected to be 2.87 billion in 2020

Mobile addiction not only has physical effects but also psychological and academics effect at the same time.

- Sleep deficit, anxiety, stress, and depression which are all associated with internet abuse, have been related to mobile phone usage too

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How do you know you're addicted to your phone?

When a person uses his/her cell phone most of the time

Unable to cut back on cell phone usage

Using cell phones as a solution to boredom

Feeling anxiety or depression when your phone is out of your range

Losing your relationships

→ Excessive use of smartphone paired with negative attitude and feeling of anxiety and dependency on gadgets may increase the risk of anxiety and depression

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Mental Health and Happiness - Effects of the smartphone

- 75% increase in teens being treated for some sort of depression
- ER visits increased for teens for self-harm

Could this be the result of smartphones?

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Other Effects

Teens getting their drivers license down
Teens overusing alcohol is down
Teens going on dates down
Teens working at paid jobs down

When you pick up your phone while doing anything mentally challenging, you're handicapping your brain's ability to recharge and performance predictably decreases.

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Loneliness

AARP's [Loneliness Study](#). The study states that almost 43 million adults 45 and older across the U.S. are estimated to be victims of chronic loneliness, a condition that can lead to depression, and even premature death.



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What about you?

How do you use your smart phone?

- How many hours per day?

How has the smart phone prevented you from connecting?

Does it affect your family relationships? Friends?

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Noticeable trends

Sleep decreased from 45% – 25% for those who sleep less than 7 hours

TV watching decreased from 60 – 45%

Movies from 60 – 45%

BIGGEST SHIFT IS READING ANYTHING: FROM 60% – 10%

27 % of all automobile accidents are believed to be a result from talking or texting while driving, and smartphone use has also been implicated in several recent rail disasters as well. In fact, smartphone use while driving is often as detrimental as impaired driving.

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How to use technology wisely

Use it for education and learning tools

Use it for research (finance, health, mental wellness) apps

Use to teach moderation

Use to teach self control

- Ask yourself and loved ones, when is it good for you and when should you turn it off?

Use it with purpose for concrete tasks such as staying in touch or keeping yourselves informed about the world around us. When we use them absentmindedly as time-wasters, we too risk becoming more absent-minded.

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Maintaining personal connections in today's digital world.

Limit social media time – set boundaries

- Set amount of time for kids to watch/use media
- No phones at dinnertime – encourage discussion and enjoy your relationships

Get involved

- Book Clubs
- Sports/exercise
- Go outside
- Community service

Focus on good sleep habits

Stay Present

Practice Kindness

Be True to Yourself

Filter blue lights

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- Let's Talk Depression – A Multi Resource Tool Kit
- Comprehensive website
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