

# Take a Tech Break



## Power Down

Bigger, better technology has changed the way we look at a lot of things. Need to find the best place for Sunday brunch, an update on your best friend from 4th grade or a quick fix for a leaky faucet? You could find it all in the time it takes to make a piece of toast and still have time to update your status (“Mmm, toast!”).

According to a recent article from the The Center for BrainHealth at the University of Texas at Dallas, the ability to multitask and gather information quickly has some great benefits. Besides access to huge amounts of information, technology use improves hand-eye coordination, reaction time and our ability to pick out important details from clutter.

But, naturally, there are some drawbacks. The research institute’s article, “Are Our Brains Being Rewired by Technology?” explains that the brain’s frontal lobe is impaired by technology overuse. This is the area of your brain that’s responsible for strategic and critical thinking, judgment and problem solving—not areas you want to compromise on!

To keep your brain (all parts of it) sharp, try these tips for powering down:

- Keep your cell phone on ‘silent’ whenever you can. The absence of buzzing and beeping will help you focus on what’s going on in the moment.
- Turn off the TV, computer, cell phone and electronic book at least 1 hour before bedtime. Being exposed to harsh artificial light and stimuli right before bed has been shown to disturb sleep.
- Do a crossword puzzle or play a game of cards. You’ll stimulate the brain’s frontal lobe and boost strategic thinking skills.