



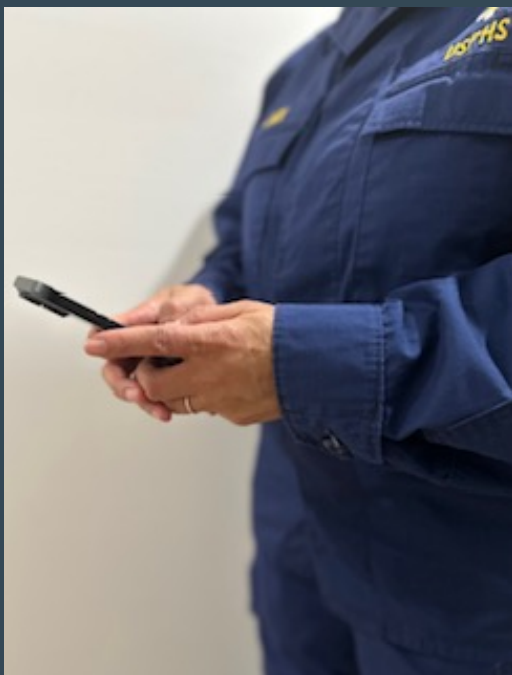
Technology & Wellbeing: Finding the Right Balance

Technology is central to how we serve. It connects us with data, partners, and patients while supporting efficiency across missions. When used intentionally, digital tools can enhance wellbeing and expand access to mental health support. However, technology can also contribute to stress, distraction and sleep disruption when screen time outweighs opportunities for rest and connection. Maintaining balance supports readiness, resilience, and whole-person wellness.

When technology starts to drain us

In our day-to-day work, even useful technology can begin to drain our energy and impact well-being. Digital overload or burn out from continuous emails, video meetings, notifications, and rapid task switching can lead to:

- increased stress, mental fatigue, and difficulty concentrating
- sleep disruptions, especially with evening use or blue light exposure
- musculoskeletal strains in neck, shoulders, and back, plus eye strain and headaches
- blurred work-home boundaries and reduced restorative activities like hobbies, sleep, or time outdoors
- reduced opportunities for meaningful face-to-face connection and interaction



What helps us recenter

Small intentional changes can promote balance and emotional wellness. Balanced tech use means allowing technology to support our wellness, not run it.

Try---

- Using **digital tools as support**, not a replacement for in-person connection
- Maintaining movement. Even a **5-minute stretch or exercise** every hour can improve mental clarity and support our physical health.
- Practicing the **20-20-20 eye refresh rule**. Every 20 minutes, look 20 feet away for 20 seconds.
- **Scheduling micro-breaks** to stand, stretch, hydrate, and reset focus
- Protecting sleep with **tech boundaries** (no-scroll times, app limits, evening wind-down routines)
- Creating **screen-free spaces** during meals, workouts, and bedtime.

Visit https://dcp.psc.gov/ccmis/Wellness_Support_Resources.aspx for more information.