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# The Intersection of Mental Health and Technology

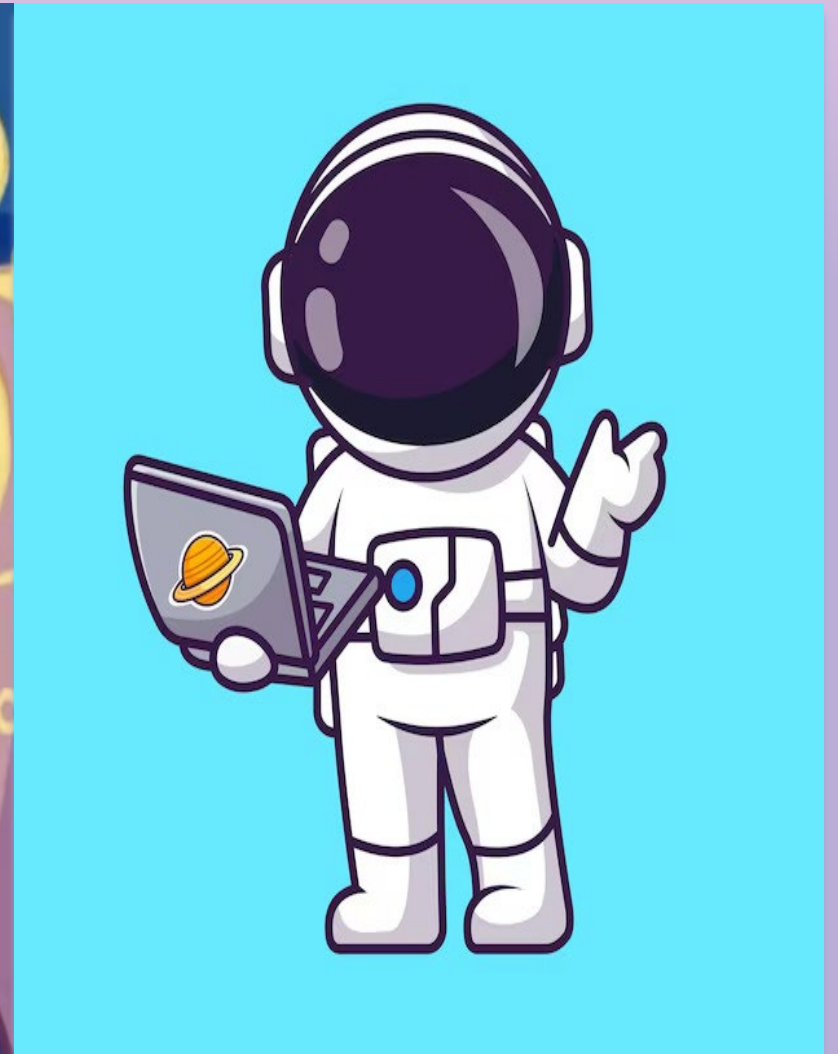
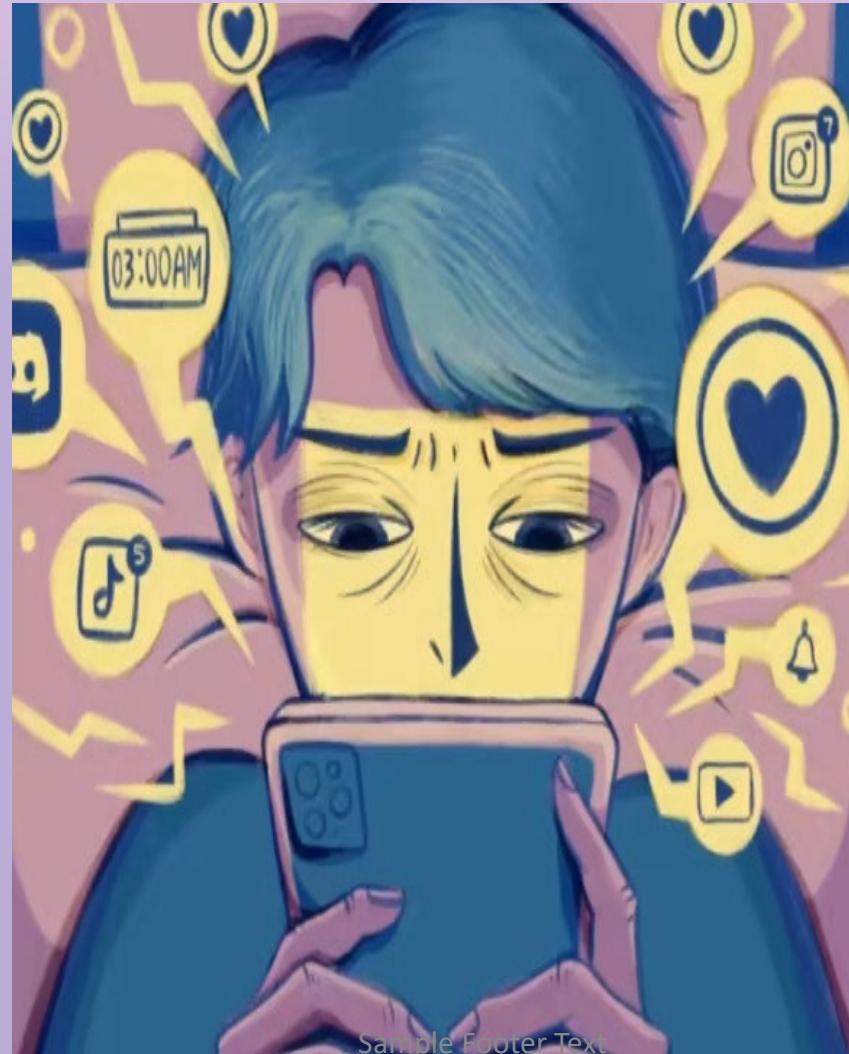
Kiran Adhikari



# Introduction

Welcome to Mind-Tech

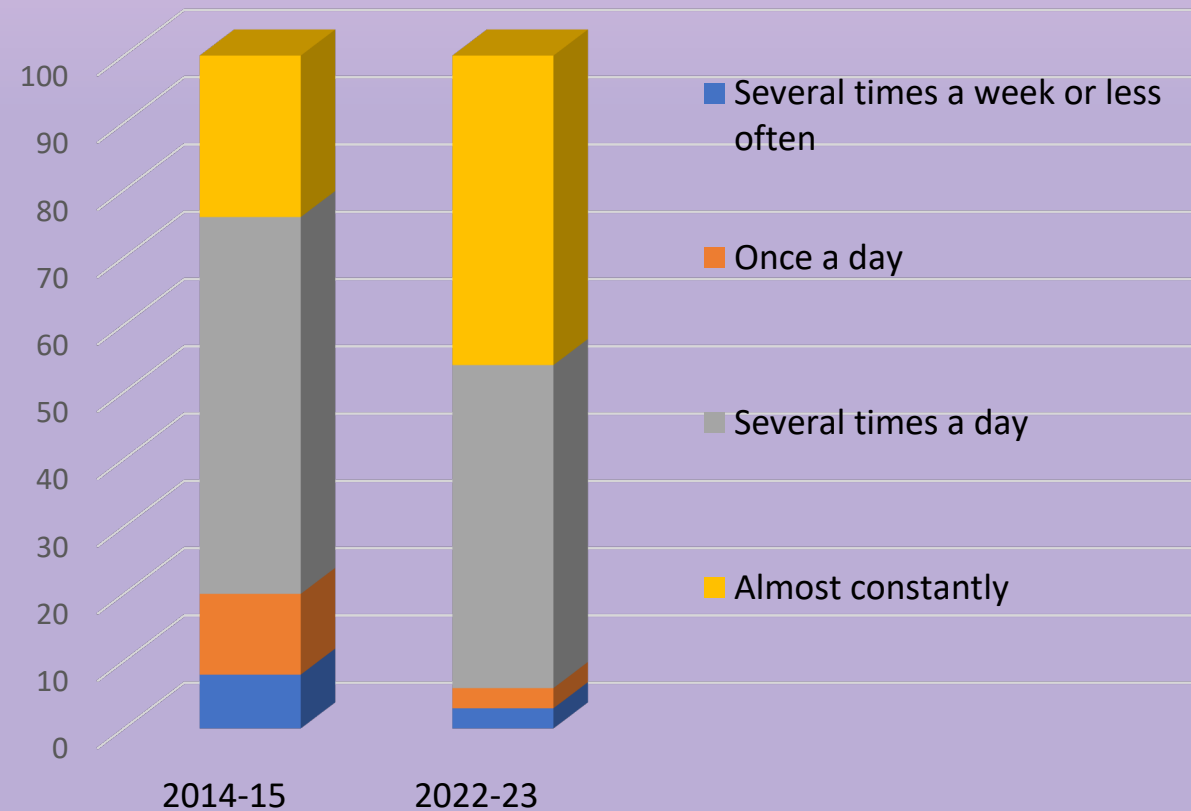
- ✓ Brief overview of impact of technology on mental health
- ✓ The focus on appropriate technology use by youth and adolescents



# Our tech-immersed generation

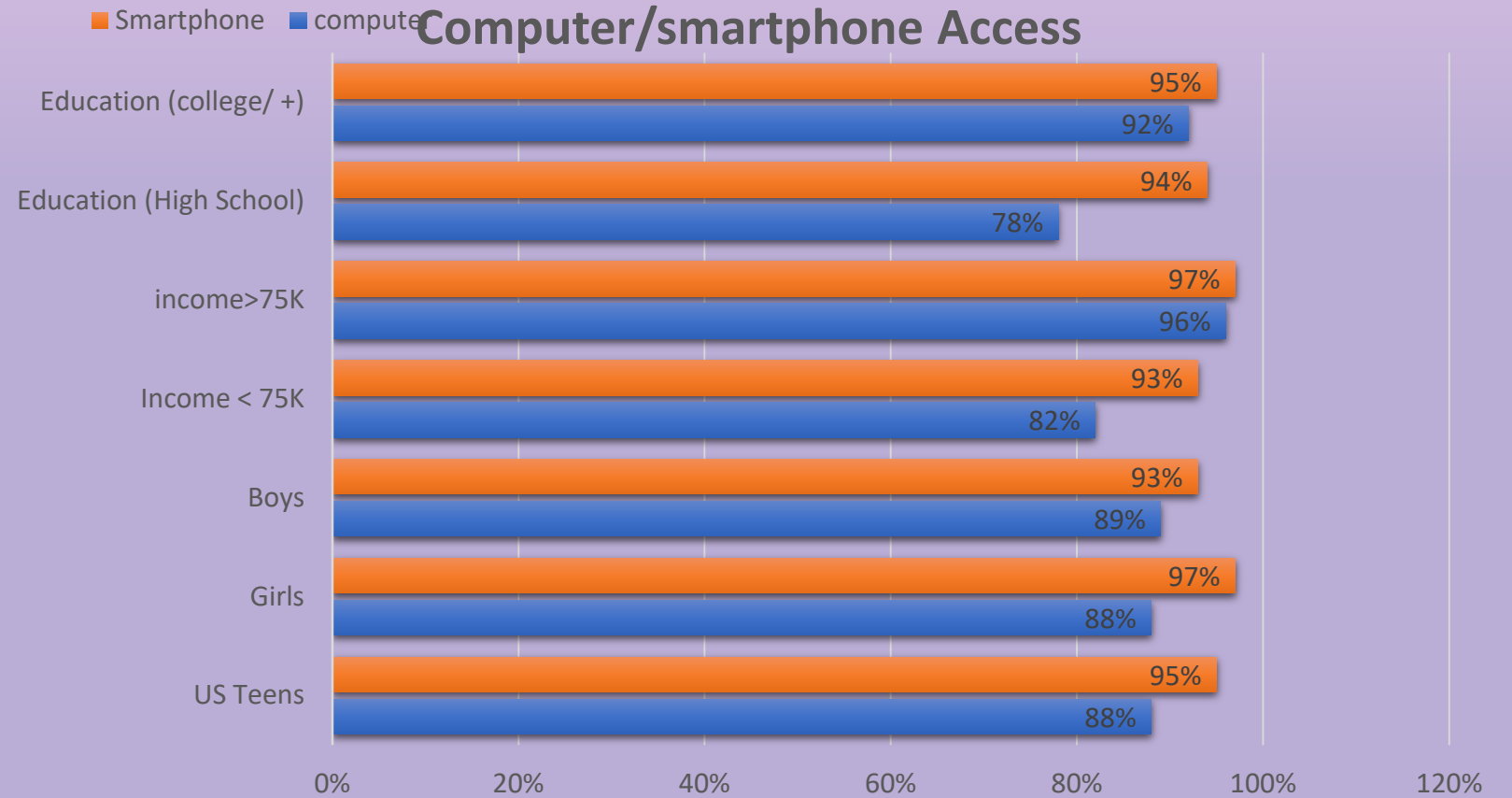
## Statistics on Technology use among youth

Nearly half of teens in US, use internet almost constantly



# Our tech-immersed generation

The Ubiquity of smartphones and digital platforms

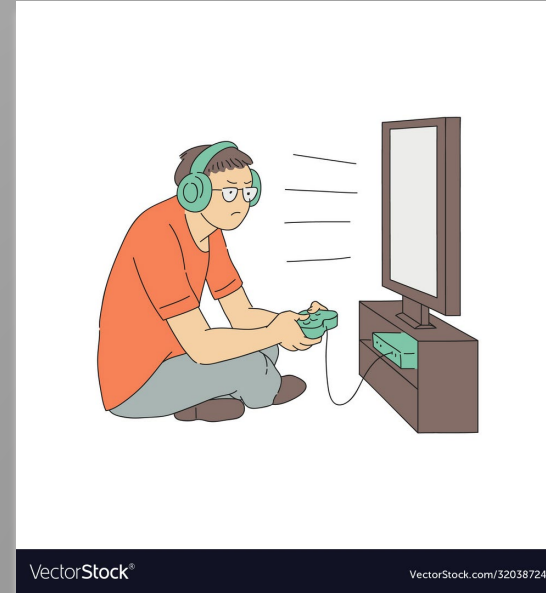


# Benefits of Technology use

## Boons

- Learning
- Communication
- Simplifying tasks
- Entertainment
- Access to information
- Increased productivity
- Efficiency
- Easy access
- Improved quality of life





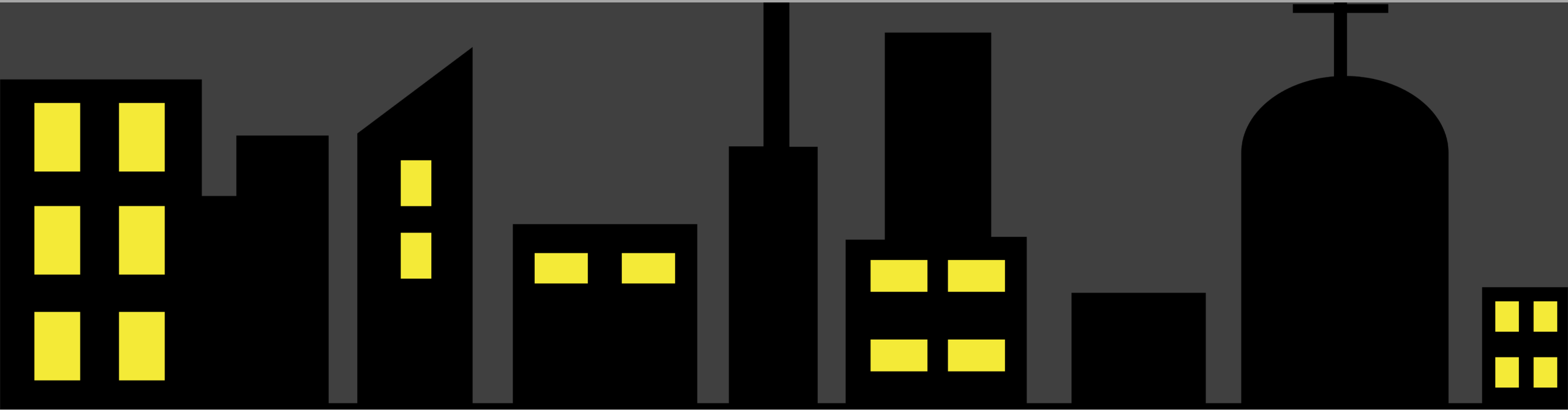
Being constantly connected cause psychological issues such as expectation of instant gratification, distraction, sleep issues, stress, even anxiety and depression.

Curse

Internet Gaming Disorder

increased conflict with others, ADHD, and depression in younger populations.

Lowered social skills



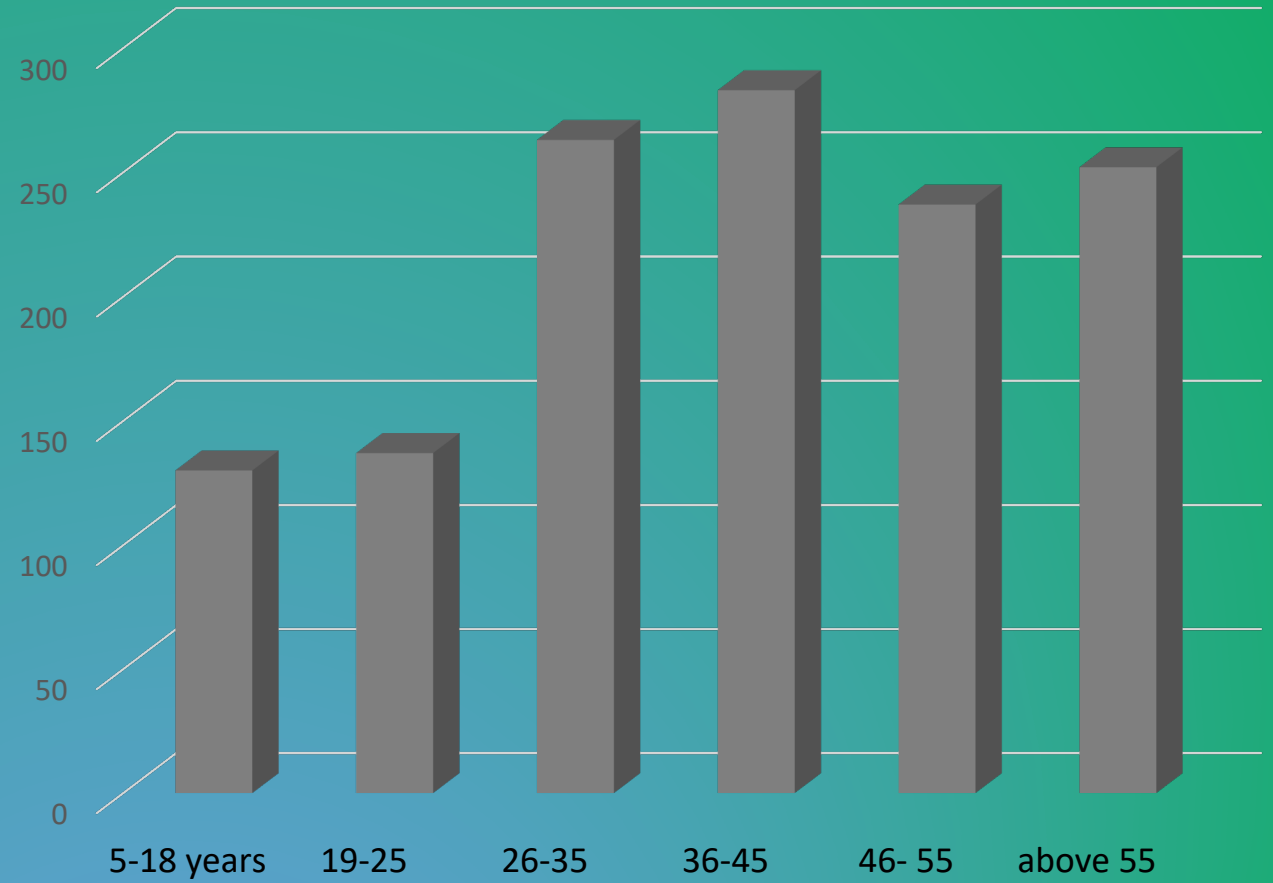
**LOCAL PICTURE:** 90% of clients in the age range of 16-55 years reported using mobile at bedtime. Most of them accepted late night mobile use. Reported- Procrastination, Early rush hour for school/work and poor sleep. Many of them reported Melatonin use over the counter.



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# Columbus

## Mental Health Enrolment Data







Data shows that there is correlation between high screen time, Late night use and Mental health issues.

# Fighting negative impact of technology

## Digital Literacy Education:

- Focus on educating people about online safety, critical thinking, and responsible technology use.
- Integrate digital well-being education into school curricula to teach students about the potential impact of excessive screen time on mental health.

# Fighting negative impact of technology

## Promote Healthy Screen Time Limits

- Establish guidelines for age-appropriate screen time and promote adherence to these limits.
- Encourage breaks from screens and outdoor activities to maintain a healthy balance between online and offline life.

# Fighting negative impact of technology

## Parental Controls and Monitoring

- Develop and promote the use of effective parental control tools that allow parents to monitor and manage their children's online activities.
- Educate parents on the importance of setting age-appropriate content restrictions.

# Fighting negative impact of technology

## Mental Health Awareness Programs

- Implement mental health awareness programs in schools, focusing on the potential impact of technology on mental well-being.
- Train educators to recognize signs of digital addiction or mental health issues in students.

# Fighting negative impact of technology

## Counseling and Support Services:

- Increase access to mental health counseling services in schools and communities.

## Family Engagement:

- Promote shared activities that do not involve screens to strengthen family bonds

# Appropriate use- Education, Creativity, Skills, Entertainment



Access educational resources online.  
Stay informed with news sources.  
Participate in online learning platforms.



Utilize multimedia for creative expression.  
Join online forums or communities for knowledge sharing.  
Connect with experts for learning opportunities.



Learn and practice music or video production.  
Animation, Photography.  
Graphic designing, coding  
Use educational games for skill-building.



Explore online tutorials for skill development.  
Use technology for language learning  
Enjoy entertainment through streaming services responsibly.

# Meditation & Yoga

Being is lost in the process of becoming.



**Innovative approach**:- Introducing Meditation, yoga, and moral education in schools can serve as a transformative antidote. Enhanced Emotional regulation, Enhanced social skills, Increased self esteem, Improved concentration and focus, Improved academic performance, stress reduction, better sleep, coping with challenges.



# References

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# Thank you

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