

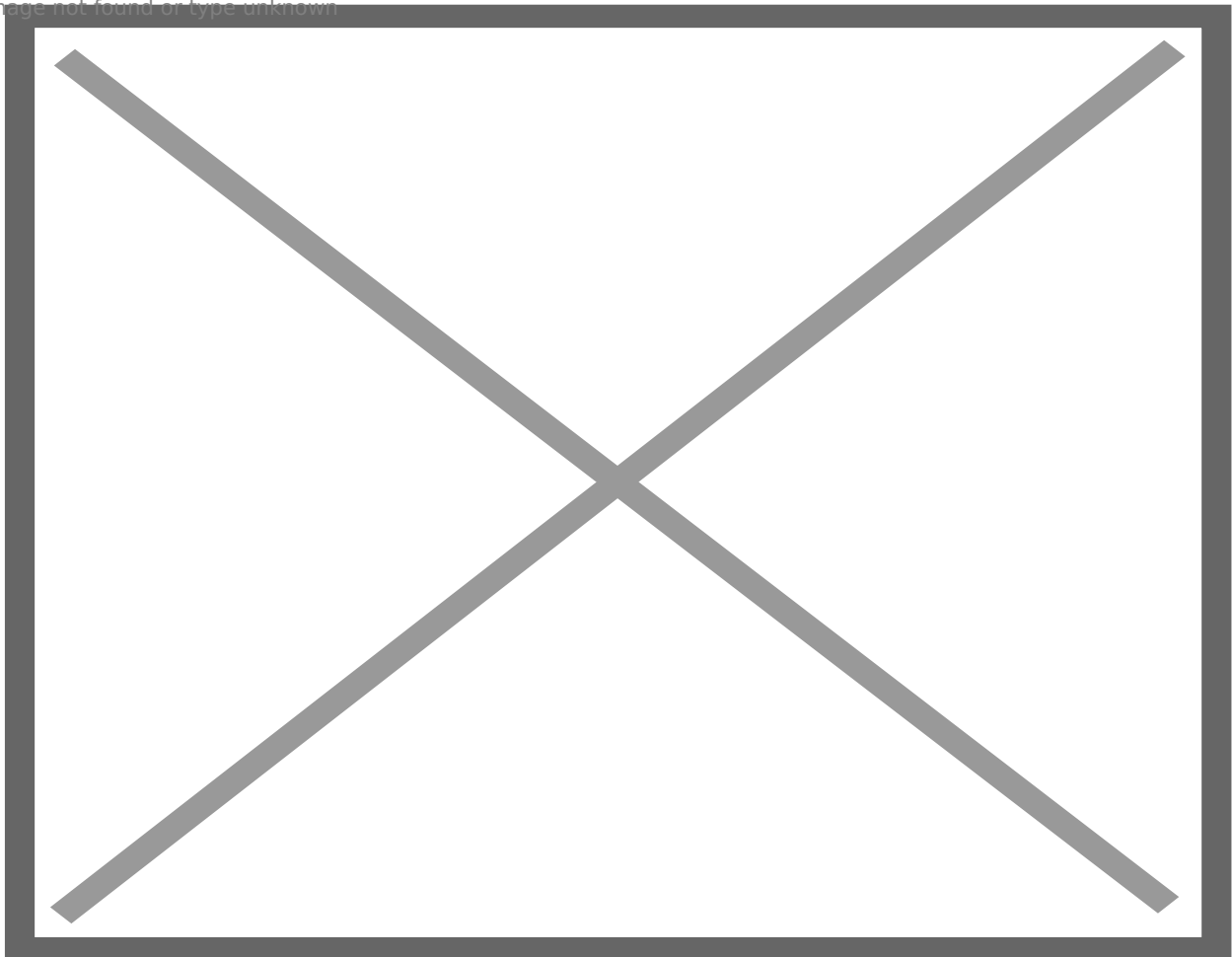
Managing tech "over-use" & keeping your senses sharp

Post by "Kalosyni" of June 27, 2023 at 8:51 AM

Managing tech over-use --reasons to check in on yourself with this -- the mental pleasures of the use of devices may be masking other issues such as the short focus onto a device screen can cause blurry eyes, and it can also lead to not enough physical movement (leading to lack of blood circulation and fatigue). And there could be mental effects on the brain (which is something I haven't researched yet). If Epicurus were alive today, I think he would ask us: Are you missing out on some of the bigger pleasures of life by spending too much time on your digital devices?

Here is a very good article with **tips on how to go about setting aside devices to bring in more analog time** each day:

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[Embracing An Analog Lifestyle: Opt Out Of Overwhelm - The Tiny Life](https://www.epicureanfriends.com/thread/3144-managing-tech-over-use-keeping-your-senses-sharp/?postID=24717#post24717)
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How to pursue an analog lifestyle in a digital world. Advice and tips for living a slow life that's hands on, present, and free from the overwhelm of...
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