

Technology and Our mental health

It's a very timely and important topic! The relationship between technology and our mental health is complex and multifaceted. Here are some negative and positive points to be considered

Positive effect: -

- 1)Connectivity -Technology can make us more connected and less isolated which is especially important for our mental health
- 2)Self-care tools -Technology can provide us self-care tools like meditation apps, mind tracking software, virtual reality therapy, etc.

Negative effects: -

- 1) Social comparison -Social media can foster unrealistic comparison and competition which may decrease our Self-confidence and mental health, etc.

To maintain a balance

- 1) Engage in physical activity, socialization and relaxation
- 2) Established time limit on screen time and technology use.

Remember technology is not only tool but it impacts our mental health from both positive and negative side it depends on us how to use and when to use

Lastly using or taking more benefits of technology can affect our mental health. It may disadvantage for our mental health. So use technology in limit.

Thank you.

Name:- Manasvi Parag Rane

Std:- 6th Class

Division:- Lily

Subject:- English Elocation Competition

Price 2nd