THE TECH SOLUTION PLATE

for a Balanced Tech Diet



NO TOXIC TECH!

Addiction
FOMO
Comparisons
Bullying
Hidden Stress

LIMIT AND MONITOR JUNK TECH

Mindless entertainment
Gaming
Social media

CREATE:

Graphic Design
Photography
Music
Coding
Innovation

(Self-)CARE:

Exercise Sleep Mindfulness

CONNECT:

Meaningful Connection with Family, Friends and Community

MAXIMIZE HEALTHY TECH



