**May 2025 Well-Being Activity**

May is Mental Health Awareness Month, and this year, we're focusing on reclaiming balance by rethinking screen time, prioritizing sleep, and building meaningful in-person connections. In today’s digital world, it’s easy to spend countless hours in front of screens—whether for work, leisure, or simply out of habit. However, excessive screen time can impact our mental and physical health, disrupt sleep patterns, and reduce opportunities for face-to-face connections that uplift us.

This month, we invite you to join our “Unplug to Reconnect” Challenge to bring awareness to your screen time, set realistic goals, and make meaningful changes to promote well-being.

**Challenge: Unplug to Reconnect**

**Please note - this challenge will take place over a 2-week period!**

**Submission on the intranet: You must complete all four steps below:**

**1. Track your screen time for one week:**

* For one week, record your daily screen time hours using a device’s built-in tracker or an app of your choice. Be honest and note patterns (e.g., peak screen hours, activities that consume the most time). Track over all devices such as your phone, laptop, TV, ipad, etc.
* Identify areas where screen time can be reduced, such as social media, streaming, or unnecessary browsing.

**2. Set Your Goal:**

* At the start of Week 2, decide on a realistic SMART goal.
* Specific, Measurable, Achievable, Relevant, and Time-bound
* For example, I aim to reduce my screen time by 30 minutes per day by replacing scrolling on social media with being active outside or reading. This will typically take place around 6:30 PM. I plan to do this for 7 days then re-evaluate my goal.

**3. Track Your Progress:**

* For the following week, track your screen time again while working toward your goal.
* Compare week two’s totals with week one to see your progress.

**4. Submit your participation on the intranet while answering ALL the following:**

* What was your average daily screen time in week one?
* What SMART goal did you set for yourself in week two?
* What was your average daily screen time in week two?
* What strategies or tips worked best for reducing screen time?
* How did reducing screen time impact your sleep and in-person connections?

**Tips for Cutting Down Screen Time:**

* Create Screen-Free Zones: Keep devices out of the bedroom to improve sleep quality.
* Use the 20-20-20 Rule: Every 20 minutes, take a 20-second break and look 20 feet away to rest your eyes.
* Set Time Limits: Use app timers or screen management tools to avoid overuse.
* Plan Device-Free Activities: Schedule screen-free time for in-person activities like having a meal with family, going for a walk, or enjoying a hobby.

By taking small, intentional steps, we can create a healthier relationship with technology and reconnect with the people and activities that truly matter. Let’s unplug together and foster meaningful change this May!