

# SIGNS OF DIGITAL OVERLOAD



## CHECKING YOUR PHONE

first thing in the morning, during the night, and regularly using some form of digital device in bed.

## GOING ONLINE

or using a digital device when you feel stressed to distract yourself from the present moment.



## FINDING IT HARD

to complete a task without frequently checking email or unrelated websites. Checking the same website repeatedly within a short period of time.

## SPENDING

little time outside, barely taking breaks, and often eating lunch at your desk



## BEING WITH

family members, but spending most of your time in separate rooms, and often finding that one monitor is not enough to suit your needs.

## WANTING

to stop using your phone, but finding that you cannot control your use.



CONTACT [JESS@ALLEGROCOACHING.COM](mailto:JESS@ALLEGROCOACHING.COM) TO SCHEDULE YOUR DIGITAL DEMENTIA WORKSHOP