



Digital Health

Today's digital world keeps us constantly plugged in, making it easy to feel mentally worn out. Too much screen time can make it harder to focus, remember things and stay in a positive headspace. The good news is small, everyday changes can help your mind feel more balanced and refreshed.

Signs it's time to disconnect

If your mind feels scattered or low on energy, you're not alone. Common signs of mental overload include:

- Difficulty concentrating.
- Struggling to stay present when not online.
- Feeling overwhelmed by daily stressors.
- Sleep troubles, such as difficulty falling or staying asleep.
- Irritability or anxiety.

These signals are often a cue to slow down and reset your habits.

Sources: <https://www.aao.org/physician-wellness/digital-detox>

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Daily habits to help unplug

Small changes can help you feel more balanced and re-energized, including:

- **Limiting screen time.** Setting limits on scrolling and regular screen breaks can reduce distractions and give your mind time to reset.
- **Practicing being present.** Brief moments of mindfulness, like deep breathing or slowing down during meals, can help calm your mind and improve focus.
- **Prioritizing real world connections.** Face to face interactions with friends and family support emotional well-being and can help you feel more grounded.
- **Picking up a new skill.** Activities such as painting, journaling, gardening, learning a new language or practicing yoga can help keep your mind active and energized.
- **Supporting your mind with sleep and nutrition.** Quality sleep and balanced meals—such as those with fruits, vegetables, lean proteins and whole grains—help your brain recharge and stay sharp.

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