

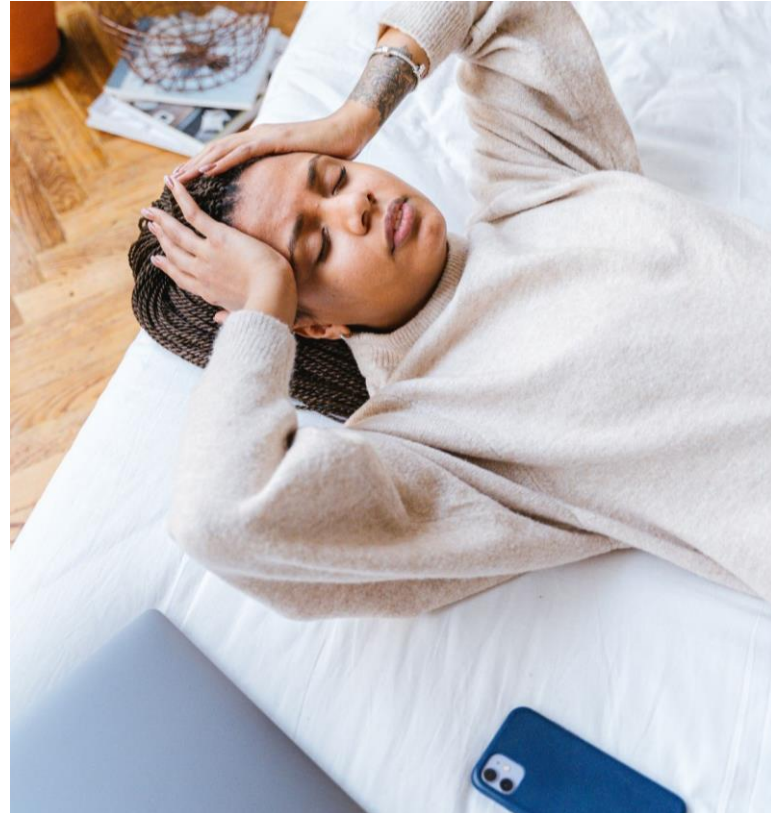
Kootenai Member Health & Wellness Clinic

CLINIC NEWSLETTER

DECEMBER 2024 | LET'S TALK: UNPLUGGING

WHY UNPLUG?

Unplugging from digital devices offers numerous benefits for mental and physical well-being. It allows the mind to rest, reducing stress and improving focus by breaking free from constant notifications and information overload. Disconnecting creates space for deeper, more meaningful connections with others and enhances productivity by minimizing distractions. Physically, less screen time can lead to better sleep, reduced eye strain, and fewer sedentary habits. Unplugging also encourages mindfulness and reflection, fostering creativity and providing a fresh perspective on daily life. Embracing these moments of digital detox promotes a balanced, more intentional lifestyle.



ENRICHING ACTIVITIES TO ENJOY

Creative Pursuits

- Reading
- Journaling
- Photography
- Art and crafts

Physical Activities

- Exercise
- Yoga
- Outdoor adventures
- Dancing

Social & Family Time

- Meet friends
- Board games or puzzles
- Volunteer

Learning & Growth

- Learn a new skill
- Take a class
- Visit museums or libraries

Relaxation & Mindfulness

- Listen to music or podcasts
- Gardening
- Take a nap or daydream





UNPLUG YOUR KIDS TOO!

Excessive screen time can significantly impact children's physical, emotional, and cognitive development. Physically, it may cause eye strain, poor sleep due to blue light exposure, and a sedentary lifestyle, contributing to obesity. Mentally and emotionally, too much screen use can increase anxiety, depression, and irritability, while also reducing attention spans. Cognitively, it may hinder academic performance and delay developmental milestones, especially in younger children, by limiting essential activities like imaginative play and exploration. Socially, excessive screen use can impair communication skills and foster isolation, as virtual interactions often replace real-world connections. To mitigate these effects, experts recommend setting age-appropriate screen time limits and encouraging balanced activities such as outdoor play, reading, and family interactions.

IMPORTANT CLINIC INFORMATION

**The clinic will be
closed on Wednesday,
December 25th**

Check out the website for some coloring pages to help you relax and unwind a little this month.



Need an appointment? Have questions?

Call 208-686-3371

Email pmrkootenaicounty@pmrhealthcare.com

Go online to www.pmrkootenaicounty.com

Use Code: *KCmedical24!*

Visit 920 W Ironwood Dr, Ste 206, Coeur d'Alene

Open 8a - 5p, Monday through Friday

