

THE BRAIN AND TECHNOLOGY:

The Impact of Screens on Cognitive Function

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual



INTRODUCTION:

This session is designed to help employees understand the impact of technology on the brain and how to optimize the use of technology for optimal cognitive function.

The session includes practical exercises and activities to help participants understand and apply these concepts in their daily lives.

Participants will also have an understanding of the latest scientific research on the impact of the digital revolution on the human brain and behavior, including both the potential benefits and the harmful effects of technology use.

Topics to be covered:

- **The Impact of Technology on the Brain:** Participants will learn about the various ways in which technology and the digital revolution impact the human brain and behavior, including both the potential benefits and the harmful effects of technology use.
- **Evidence-Based Practices:** Participants will learn about the various evidence-based practices that can be used to optimize the use of technology for brain health, including setting limits on technology use, incorporating breaks and physical activity into the workday, and practicing mindfulness.
- **Harmful Effects of Technology Use:** Participants will learn about the harmful effects of technology use, including heightened attention-deficit symptoms, impaired emotional and social intelligence, technology addiction, social isolation, impaired brain development, and disrupted sleep.
- **Practical Strategies for Optimizing Technology Use:** Participants will learn about practical strategies for optimizing technology use for brain health, including setting limits on technology use, incorporating breaks and physical activity into the workday, and practicing mindfulness.

Practical exercises:

Throughout the session, participants will engage in practical exercises and activities designed to help them understand and apply the concepts covered.

These may include technology use assessments, goal setting exercises, and other practices that promote the optimization of technology use for brain health.

Conclusion:

By the end of this session, participants will have gained a deeper understanding of the impact of screens on cognitive function and the brain. They will have learned about the ways in which technology affects our brains, including the impact of screen time on attention, memory, and cognitive control.

Additionally, participants will have gained insights into the practical strategies they can use to reduce the negative effects of screens on their cognitive function, including setting boundaries on screen time, engaging in physical activity, and practicing mindfulness.

Through this session, participants will be better equipped to make informed decisions about their use of technology and its impact on their cognitive function and overall well-being.

They will have a better understanding of the connection between the brain and technology and the importance of balancing technology use with other healthy habits for maintaining cognitive function and overall health.