March Newsletter Tuesday Topic

Website

The Impact of the internet on our Relationships & Life

-Katelyn Jakobsen, LCMHCA

Krippa Family Psychological & Wellness Services



News & Updates

Our previous intern is now a clinician!
We welcome Stephanie Brekstad,
LCMHCA to our team. She is a licensed
clinical mental health counselor
associate. She is currently accepting
new clients: children-adults. She
specializes in trauma, but can help
individuals with anxiety, depression,
behavioral disorders, OCD, and ADHD.
She facilitates our Teen & Tween



Social Activities Clubs, Parenting
Teens Psychoeducational Group, and
Healing from trauma:
psychoeducational group for women.

Schedule a phone consultation with Kristin to discuss your needs and make an appointment with Stephanie!

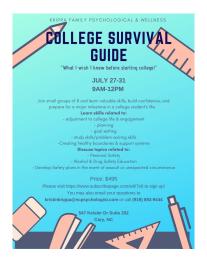
Phone Consultation

Summer Camp sign up is still open and ongoing. There are seats available, but time is running out! Follow the link below to sign up for the camps:

College Camp: https://tinyurl.com/FamilyPsyc...

Tween/Teen Camp: https://tinyurl.com/y5p3s9hz

Child Camp: https://tinyurl.com/y3m4zwxq







Tuesday Topic

Is the internet (phone, social media, & video games) impacting your ability to connect with your friends and family?

The over usage of the internet can have significant impacts on the quality of our relationships; romantic, familial, and friendships. It can affect the quality of our personal life, our ability to study and absorb educational materials effectively. The over usage of the internet can drastically and negatively impact our self-image, and lead to feelings of isolation despite always being "connected".

The following are some questions developed by Dr. Kimberly Young to assess internet over usage (Mahat, S., & Vidyapeeth, B., 2014).

How often do you:

- o Stay online longer than you intended?
- o Neglect household chores to spend time online?
- o Block out disturbing thoughts of your life with soothing thoughts of the internet?
- o Snap, yell, or act annoyed if someone bothers you while you are online
 - hear other people in your life complain about how much time you spend online?
 - say or think, "Just a few more minutes" when online?

- try and fail to cut down on how much time you spend online?
- hide how long you've been online?

If you answered yes to any of these questions,

What you can do:

- 1. set aside daily "phone free time" and connect as a family*
- 2. encourage 24 and 48 phone free occasions in which you disconnect from your devices and work on connecting with each other
- 3. Spend time being present in nature
- 4. Monitor weekly usage using tools such as "screen time" on your phone.
- 5. Set, implement, and model reasonable screen time allowances
- 6. Identify addictive apps on your device, and identify the pros and cons of keeping the app on your phone
- 7. Delete potentially addictive apps from your device
- *ideally a consistent time such as dinner, or during a fun planned activity

Thanks for Reading! See you next Tuesday!

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