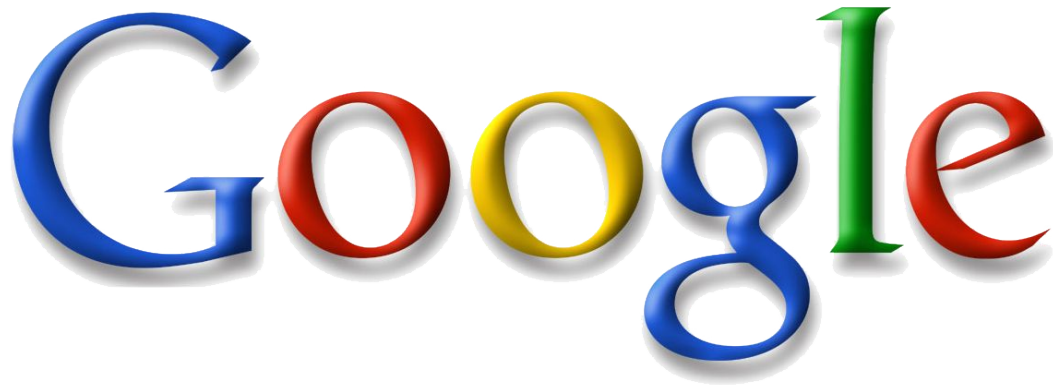


Is technology damaging our brains? If so, how
and in what ways?

What can be done to prevent the damage?

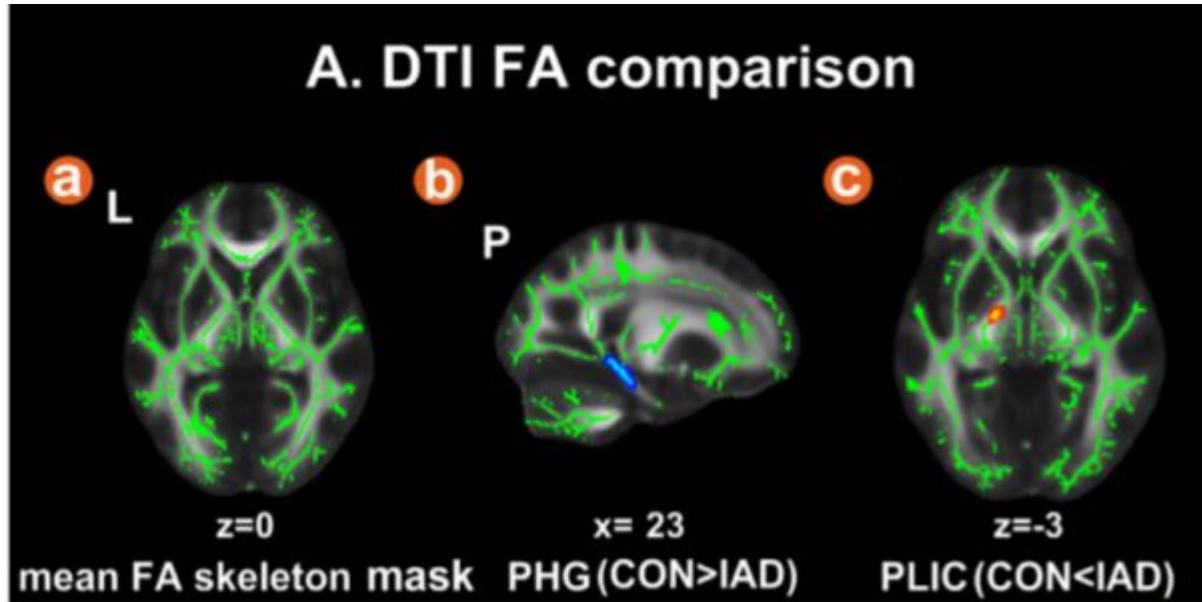
Missing the Memories

1. It is a “super normal” information storage “Partner”



Losing Grey Matter

1. It can be a powerful sedative - > Brain Atrophy



Addiction

1. It can be extremely stimulating -> Dopamine Receptor Lesions



What can be done to prevent brain damage?

- Increase exposure to greenery, nature, and sunlight.
- Incorporate more movement, exercise and free play.
- Practice sleep hygiene and create a “sleep sanctuary”
- Engage in creative play and activities



Prevent brain damage (continued)



- Bring on the bonding: human touch, [empathy](#), and love
- Incorporate daily chores for the entire family—even the little ones
- Mimic nature's day/night light cycles as closely as possible.
- Tone down the brightness levels on ALL screens



References:

Haifeng Hou, Shaowe Jia, Shu Hu, Rong Fan, Wen Sun, Taotao Sun, & Hong Zhang. (2012). Reduced Striatal Dopamine Transporters in People with Internet Addiction Disorder. *Journal of Biomedicine & Biotechnology*, 2012, 1–5.

Health Communities.com (2018) retrieve on 06/28/2018

<http://www.healthcommunities.com/healthy-aging/chores-keep-mind-sharp.shtml>

Kai Yuan, Wei Qin, Guihong Wang, Fang Zeng, Liyan Zhao, Xuejuan Yang, ... Jie Tian. (2011). Microstructure Abnormalities in Adolescents with Internet Addiction Disorder. *PLoS ONE*, 6(6), 1–8.

Ploughman, M. (2008) Exercise is brain food: The effects of physical activity on cognitive function, *Developmental Neurorehabilitation*, 11:3, 236-240,

Suttie, J. How nature can make you kinder, happier and more creative

https://greatergood.berkeley.edu/article/item/how_nature_makes_you_kinder_happier_more_creative

Ward, A. F. (2013). Supernormal: How the Internet Is Changing Our Memories and Our Minds. *Psychological Inquiry*, 24(4), 341–348.