



November 2011 Monthly Bulletin

Make time to disconnect

Taming your technological devices

Are you comfortable leaving your cell phone, BlackBerry® or iPad® home for a day? Do you ever skip a day of checking your messages or status on your social network of choice? Can you go through a day without texting someone?

For many of us, the answers to these questions are all “no.” As they’ve grown smaller and easier to use, our amazing technological devices have become more and more pervasive in our lives. For instance:

- It’s not unusual to see a group of teens hanging out “together” — while each is fully and separately engrossed in texting on his or her phone or Blackberry.
- People interviewing for new jobs have been known to answer their cell phones, send or read texts during interviews.
- Texting or taking calls while driving has become a common, dangerous problem. As of August 2011, nine states had laws banning or regulating these activities because they cause distraction and lead to accidents.¹
- People have been known to use their devices in the most unlikely and inappropriate social settings, including funerals, weddings and such!
- Most movies and theater performances regularly include a last minute plea to silence all cell phones during the performance.

Connected or disconnected?

It’s surely tempting to stay in touch on a constant, almost frantic basis these days. Somehow the “availability” of moment-to-moment communication has turned into a “demand” for it. Critics say we’ve become more isolated as a society and less connected to the actual flesh and blood people around us because of our devices.

What do you think? Are you more likely to text than talk to the people right around you at home, work or elsewhere? While a great convenience, electronic communication seems to have turned real life conversations into the equivalent of “snail mail.” Maybe we can call it “snail speak!”

Love your electronics, but try to remember their limitations. See how you feel if you “turn off” for a few hours or a day and talk to the people you can reach out and touch!

¹www.edmunds.com

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!



Contact your EAP for 24/7 access
for you and your eligible family members:

1-888-825-3509
www.HorizonCareLink.com
Username: firstdata
Password: myeap

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