

Spilling the Tea at CWC

March 2026

Digital Addiction and The Impact on Our Brain

It's time to talk about the impact technology and social media has on our brain and on our mental health. Recent statistics suggest that 95% of young adults report using some form of social media and on average we pick up our phones more than 100 times per day. We are addicted to technology. **Digital Addiction** refers to any addictive behavior related to the use of digital devices, cell phones, computers, the internet, video games and social media.

A recent article in Psychology Today (2/26) highlighted the **relationship** between **screen time** and **attentional control**. When we constantly shift our attention among apps, notifications and other stimuli, we actually "train" our brain to fragment attention. Often, people think they have ADHD. **What has actually happened** is that we have just rewired our brains to utilize rapid switching over sustained attention. **In addition**, we are seeing a decline in emotional and social intelligence, especially with young screen users. When we spend more time on devices and less time with face to face interactions, we lose opportunities that support certain areas of brain development.

Sleep disruption is also caused by screen exposure, particularly by blue light and circadian interference.

What is important to remember, while technology is fantastic, and yes, even I love it, connection with others and time away from screens is essential for our physical and mental health. Call your friends, get outside, set limits on phone use and gaming. Put down your phone or end your gaming at least one hour before trying to go to sleep. As is often the case, moderation is key. Healthy limits develop healthy minds.

During the month of March, we are encouraging all students to take a look at our **KnowBe4** training. If you participate in the FY26 Safety and Well-Being training for CWC students-**Alcohol E Check Up**, you will automatically be entered in a drawing for an Amazon gift card.