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# How to get over your gadget addiction

Overdoing anything can be harmful

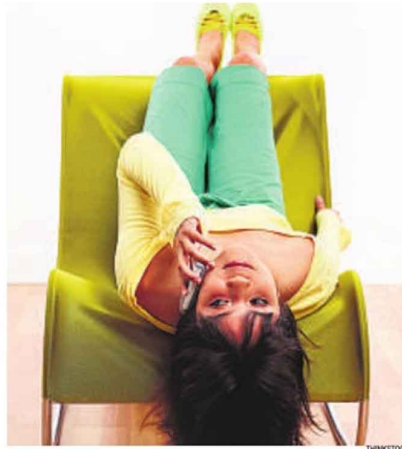
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Gadgets and gizmos have become an integral part of our lives. What would we do without them? However, we must figure out ways to stay away from them because over-indulgence in anything can be a cause for concern and in extreme cases, lethal. Let's see how you could prevent or overcome gadget addiction.

**1 Limit usage:** Gaining or using anything in excess frequently becomes a source of disturbance. It is important to prevent this. You may use gadgets but within some bounds of time. Do not get too dependent on them.

**2 Do not fall prey to comparison with peers:** There's no need to use a gadget just because your peers do so or use it the same way as they do. Do things in a way that suits you and is beneficial to you.

**3 Don't demand newer gadgets:** Pushing your par-



ents to buy you the latest cell phone or other gizmos can upset them. You should be prudent in your demands, including their frequency.

**4 Fulfil your responsibility:** Show your sense of respon-

sibility in how you do things. This would bolster the confidence that others, specifically your parents, have in you.

**5 Learn to balance and manage time:** It is important to strike a balance

between your different engagements such as time spent with friends and family, in recreational outdoor activities, academics as well as on gadgets.

**6 Take rest:** Always remember that every activity has its value and should not be neglected at the cost of another. Sleep and rest are very important and should not be ignored.

**7 Do compromise on study time:** Your primary concern is studies. It is not wise to compromise on academics. Make sure that you give sufficient time to your studies and do not allow you love for gadgets to interfere during this period.

**8 Socialise:** Do not give up socialising. Go out with friends and family. Meet your relatives. And while with them, do not remain glued to your electronic totes.

**9 Be physically active:** It's extremely important to be physically active. Focus on outdoor activity as well.

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