

# Helpful Ways to Avoid Tech Neck

JUNE 2023

PHYSICAL

EMOTIONAL

SOCIAL

FINANCIAL

GROWTH

ENVIRONMENTAL

## Tips to Encourage Proper Sitting Posture:

- Use tech devices only when you can sit or stand in a neutral position
- Change your position every 20-30 minutes
- Adjust your desk, chair, and computer so your monitor is at eye level
- Use ear buds or a headset



## Behavior Modifications to Limit Prolonged Tech Device Use:

- Take a break every hour to stretch your neck and shoulders
- Schedule “no-device” hours during the day
- Turn off application and message notifications for a portion of your day

Check out this year's Way to Wellness topics and [download](#) our 2023 companion calendar with more great tips and challenges to track for each month. Stay tuned for upcoming topics!