

March 2019 - Texting can be a positive and powerful force

Texting often gets blamed for decreasing attention spans and damaging the spine — a phenomenon known as "text neck." But on the other hand, texting can be a positive force in people's lives, both in terms of emotional and physical health, so long as it's used correctly.

No Phones At The Dinner Table

If you're out to dinner with friends, put your phone away or keep it face down. If you are on your phone, ask yourself, "Is texting keeping me away from a conversation?"

Reaching Out In Time Of Need

Once you're truly alone, go ahead and break out your phone, but be thoughtful about who and what you text. Think of texting friends and family and consider who may want to talk and if it's a good time.

Keeping Family Members In The Loop

Texting is a good way for families to connect as a way to give quick updates and share information about daily plans. It could also be a way to bring up a topic to have a face to face conversation about later.

It Allows Immediate Feedback, Help

It allows for immediate feedback. People are also more likely to reply to a text than an email.

How does it relate to Self-Awareness and Self-Advocacy?

Allows a different mode of communicating with others

Sharing a quick thought about a feeling and a need in order to further discuss in person