

MY TECH-FREE DAY!

Hi everyone! This time I want to report you my tech-free day, which was previous saturday. I am going to write them based on the notes I took at that time.

Actually at first, it seemed to me like it's gonna be easy and efficient but after a few hours, I was really bored and there was nothing to do. I struggled myself not to give up and frankly speaking, I was about to give up. But then I realized that actually there were so many things that I had to do like reading a book (for my literature project) and you know just homework for the weekend. I started with doing homework because it was way too easy to focus right away. Normally I always listen to music while I am studying. But this time (because I was trying to make a completely tech-free day) I studied without any music and i realized that without listening music i felt a bit weird. I think from now on, I am going to try to change this habit. But anyway, the rest of the day was easier because i went out with my friend and we had so much fun together. Especially if you want to get away from social media or something, I highly recommend you to spend more time with your friends together. You'll see how better you feel.

Consequently, I'm so happy to have the opportunity to spend such a day. I couldn't imagine a day without my devices until that day. And especially these days, we become addicted to our devices, we use technology for literally everything including school. We used to use them mostly for fun or something but now it's totally in our lives. So it's hard to get away from them but at least occasionally, we can check out of our usage of technology. So that we can be aware of the value of time. I think controlling yourself might be one of the most important things not to become addicted to them. And finally, i want to show you 3 negative and 3 positive consequences that will come from cutting down or changing your technology usage from my point of view.



3 positive consequences

✨ more efficient day

✨ more time with family & friends

✨ it feels like the day's longer than normal.

&

3 negative consequences

✨ get bored too many times

✨ hard to communicate

✨ things are getting hard

I think these were the most remarkable and main things to me. I hope I was able to impress you a little bit about this topic. Thank you so much for your attention.