Iris Technologies Team

How to be healthy and happy in World 2.0

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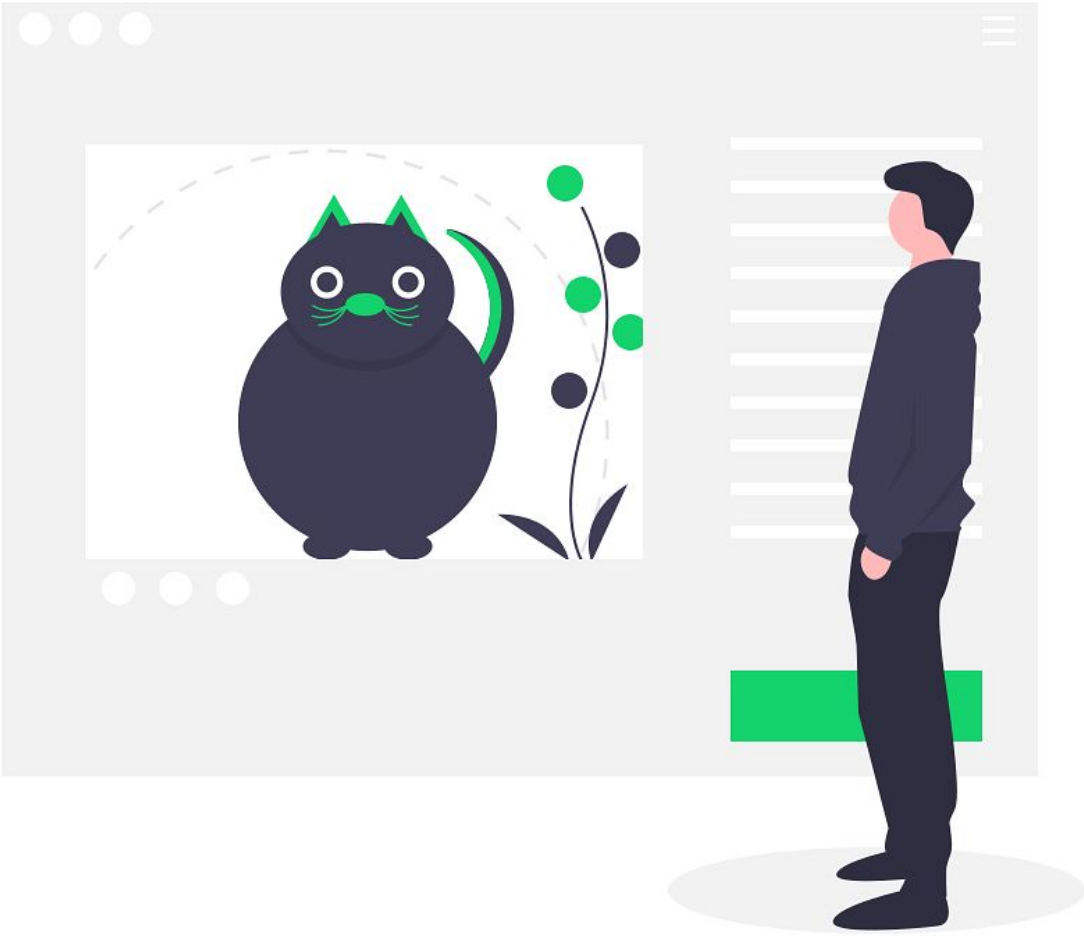
Introduction

It’s now almost 30 years since the Internet we use today was created.

It has led to revolutionary changes in our world and it will continue to do so for millennia (hopefully).

The Internet has brought us many great things like access to better education, instant communication with people all over the world, the ability to receive important news instantly and to share our knowledge (and our adorable cat photos).

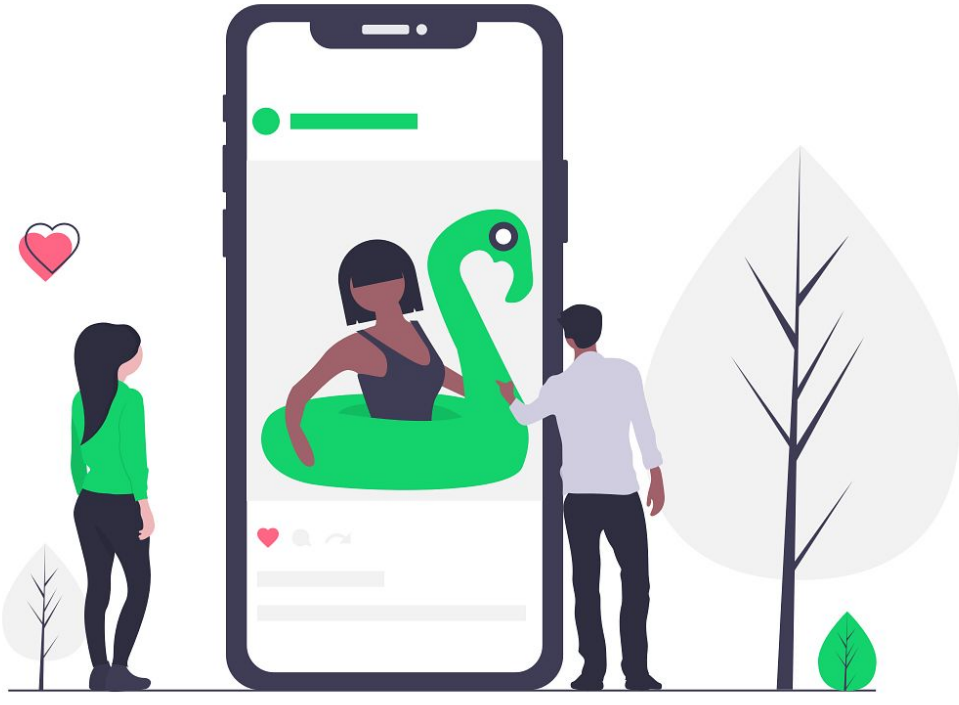


However, today the average adult spends more than 9 hours every day in front of a digital device.

Whether it's for work or for pleasure, that is not at all healthy.

The Internet, ironically, has made us more antisocial in real life, prone to headaches, mental disorders, back pain, insomnia and various eye related problems like glaucoma and cataracts.

Here at Iris we believe it’s possible to be healthy and still be able to binge watch your favourite show on Netflix or stan that really cool influencer on Instagram.



Here are some tips on how to improve your digital lifestyle so you can maintain your health and happiness outside of the world wide web:

Social Media

Out of the 9 hours on a digital device, 1 third is spent on social media - idly scrolling on Facebook, sending silly selfies on Snapchat or endlessly tapping on the next story on Instagram.

Social media has changed the way we think about ourselves.

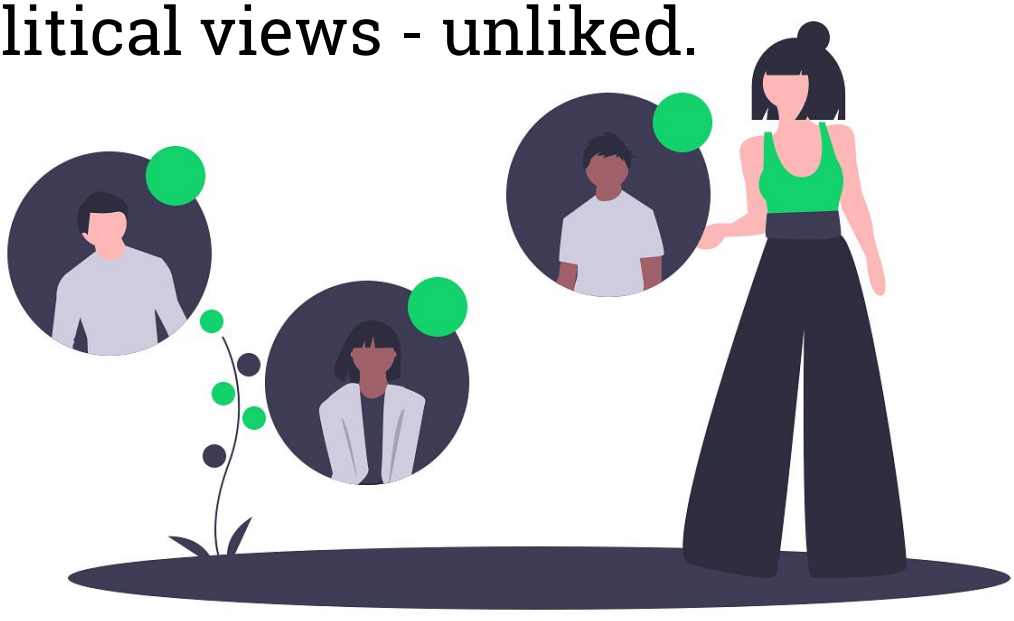
Suddenly we have all of these other people's voices and opinions in our heads.

What will my friends say about my political post?

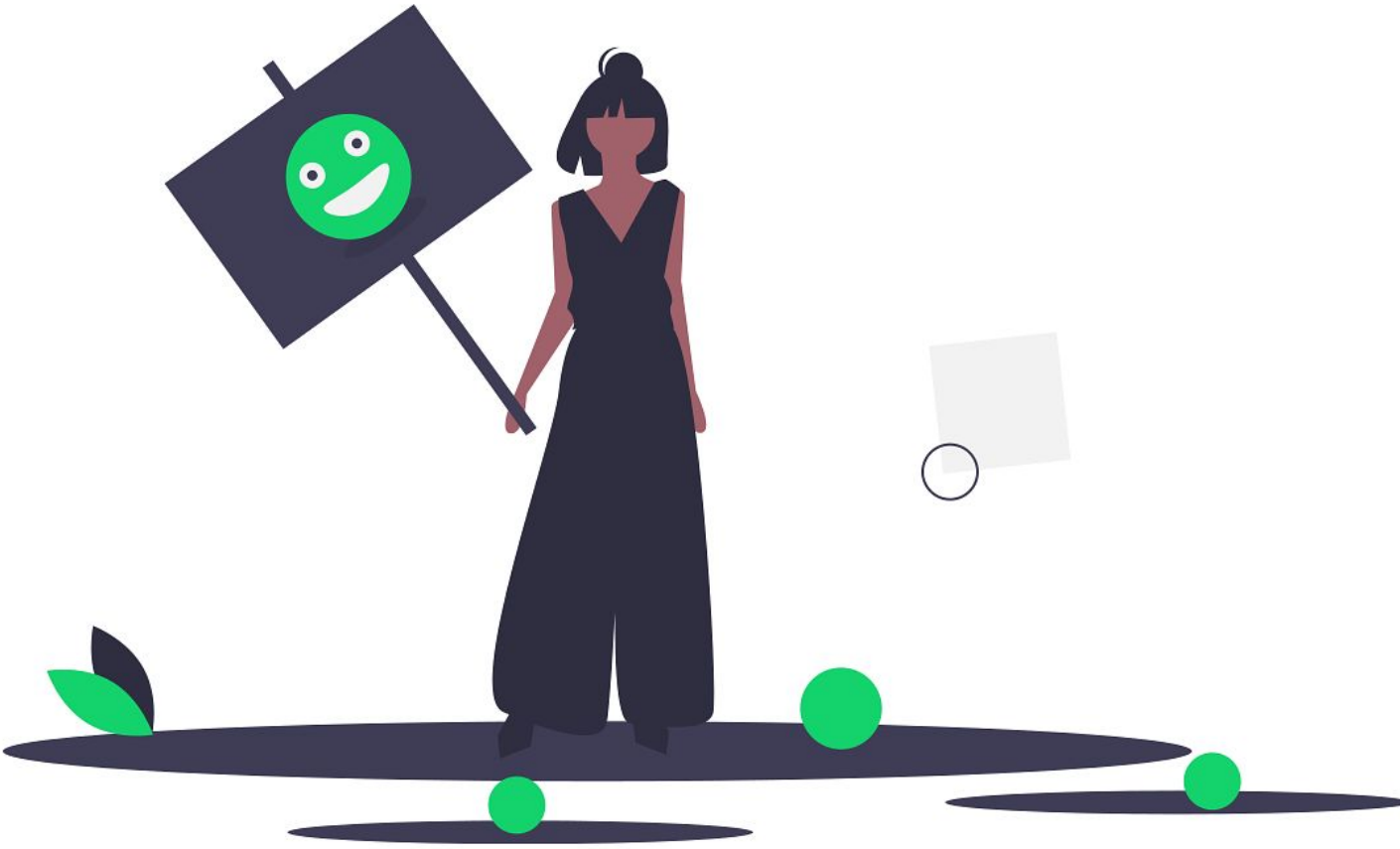
Will my followers like this new photo I took? And so on and so on.

If you want to make your life healthier and happier you don't have to stop going on social media - let’s be honest that's impossible at this point.

All you have to do is delete all the negativity. That friend that backstabbed you 3 years ago - unfriended, the troll that keeps leaving nasty comments on your posts - blocked, that page that keeps posting annoying promos and unsafe political views - unliked.

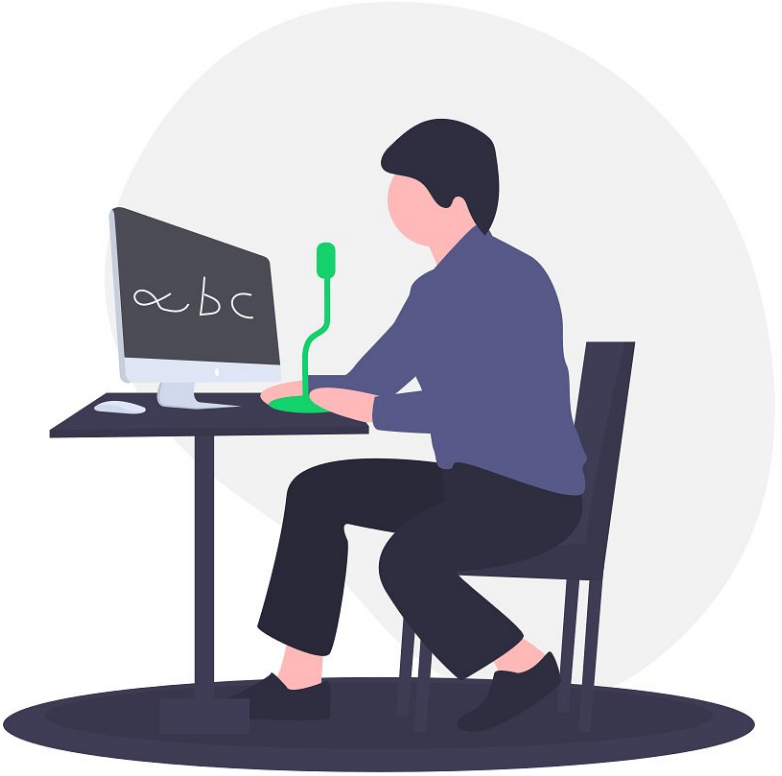


Removing negativity from your life will have a great impact on your own self evaluation and your happiness.



Meet nature

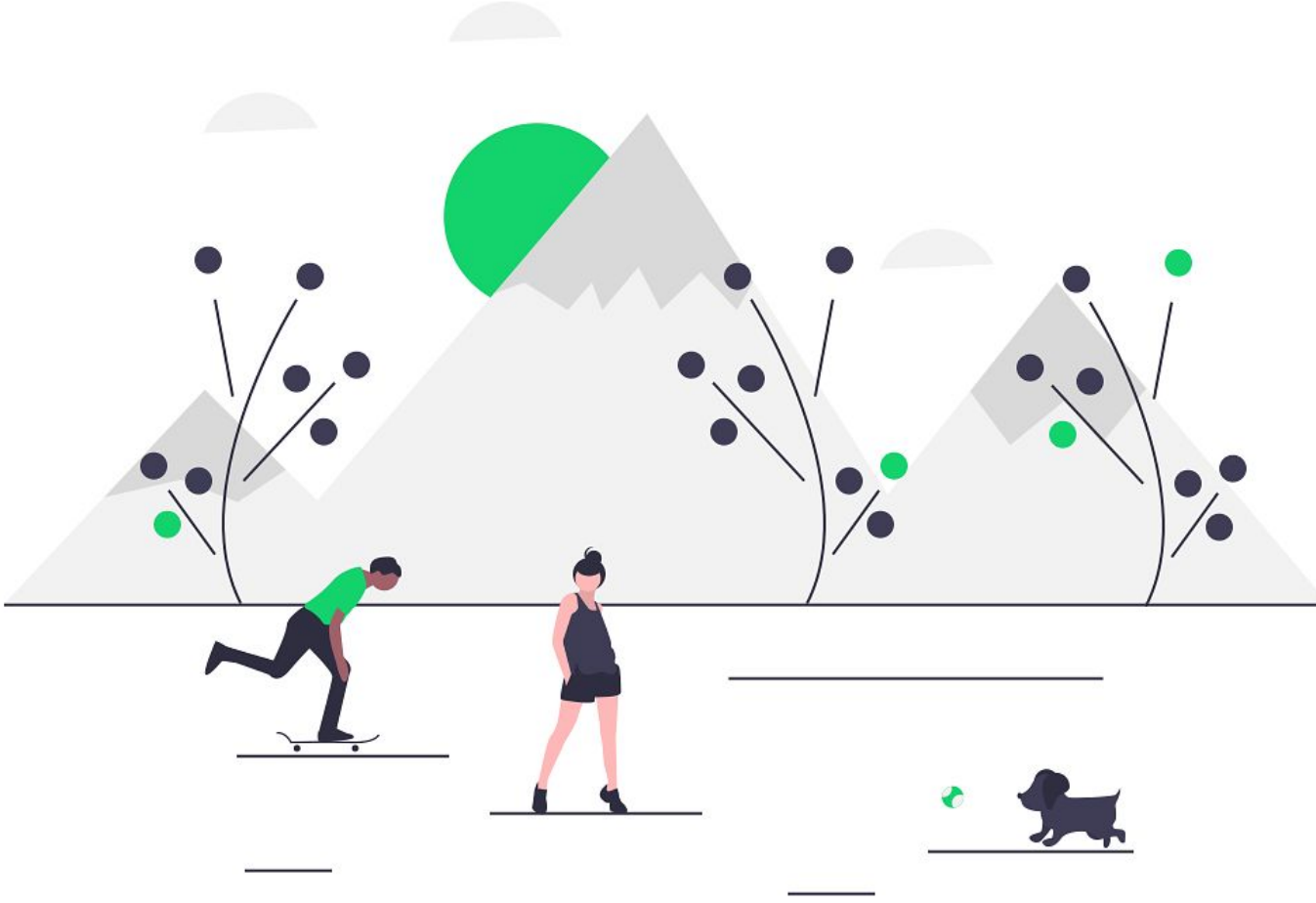
Sitting on that old office chair all day or laying on your side in your bed at night can put pressure on your neck and back and leave you in constant pain for the rest of your life.



Not only that but spending your whole days cramped in a tiny room with just a cracked window, no proper sunlight and a bag of chips completely disrupts your natural circadian rhythms.

How to deal with that - well obviously go outside. But not just anywhere - the pub on the street corner doesn’t count.

Visit the local park, go hiking, ride a bus out of town, go on the nearest rope line.



You don’t have to take a whole vacation for going out in nature.

Just find a place with some nice trees, greenery and chirping birds and walk around there.

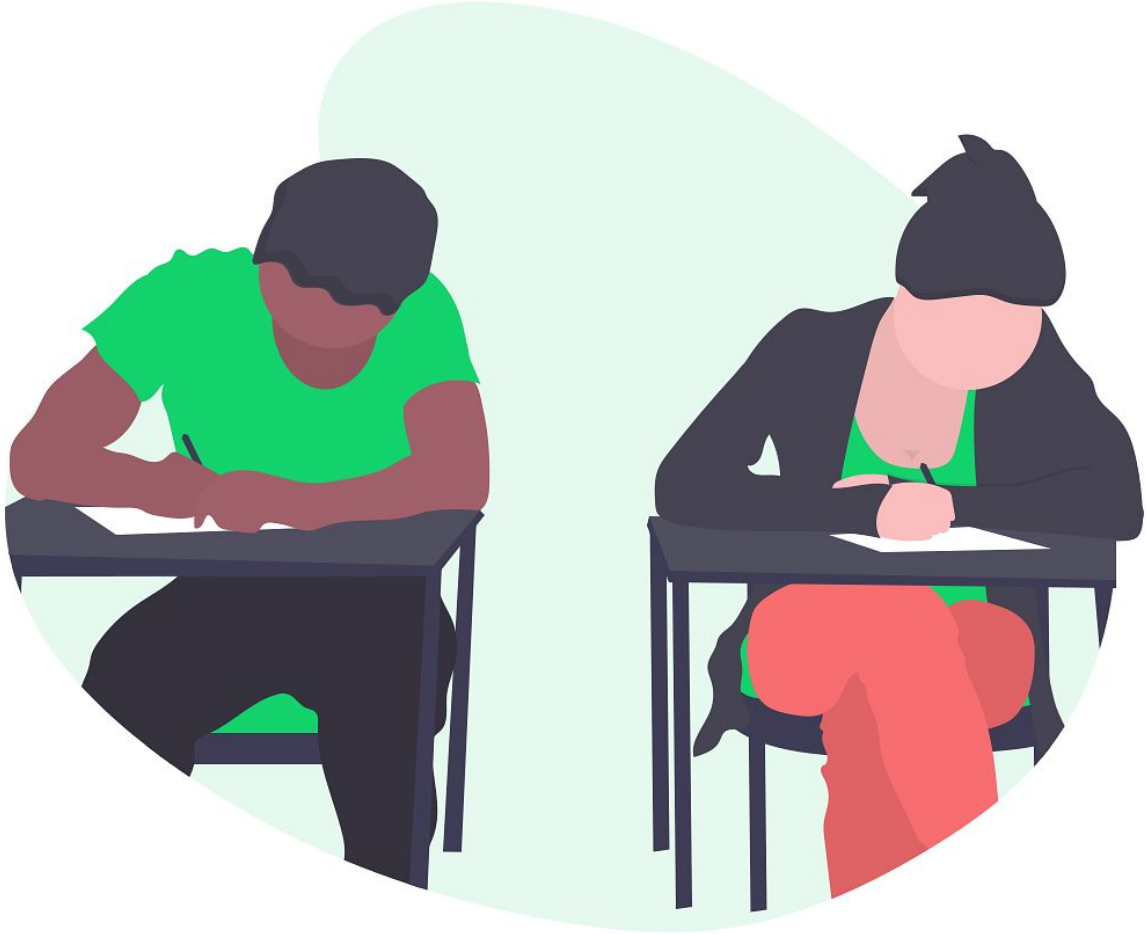
In many places there are also discount offers by local businesses for birdwatching, scavenger hints and even rock art.

Even a little time spent weekly in nature can leave you happy and healthy.

Brain games

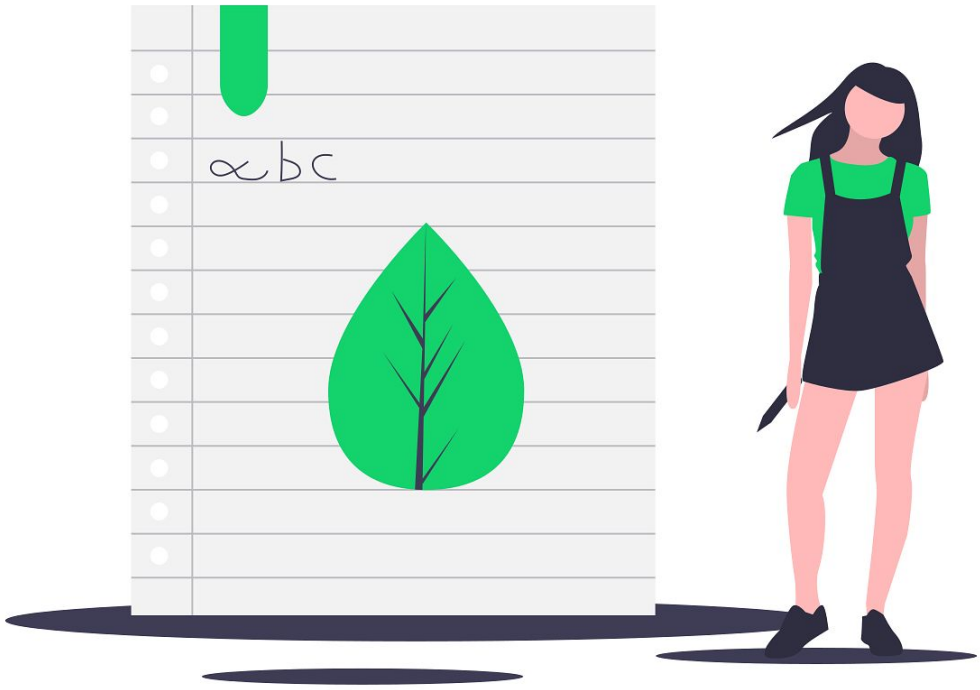
In the digital era more and more people have begun to notice that prolonged use of the Internet has decreased their memory capacity and lowered their concentration levels.

So if you're a teacher don't be too mad at your students for not being able to remember absolutely everything - after all things were very different in the 80s versus now.

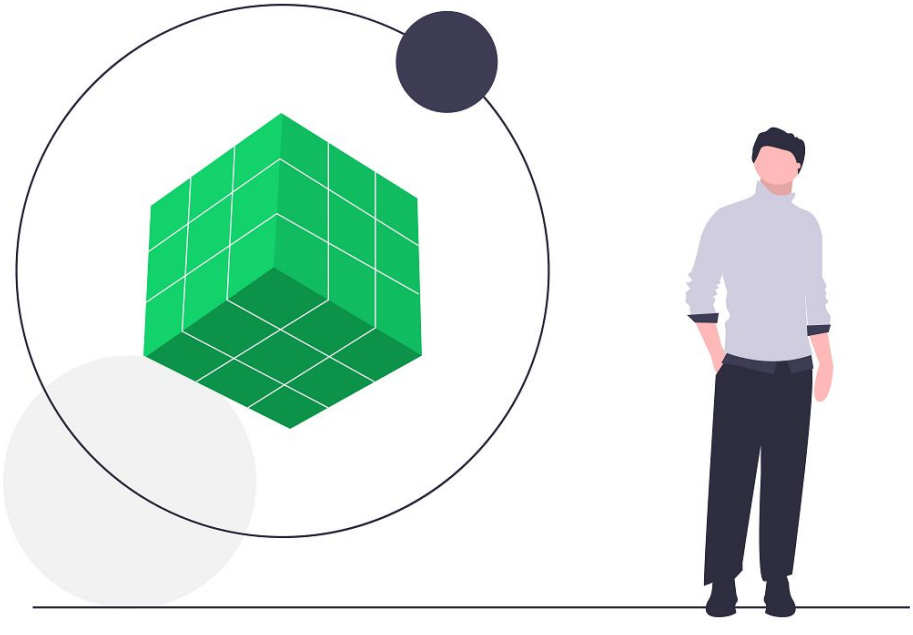


To maintain your brain activity on a high level while browsing the web look up some free courses to learn new things - better if they're for something you haven't even heard of.

Also find some brain games to play, there are many apps that offer various exercises to keep your mind active.



There are also crosswords, sudoku puzzles and many other concentration and logic quizzes you can take.

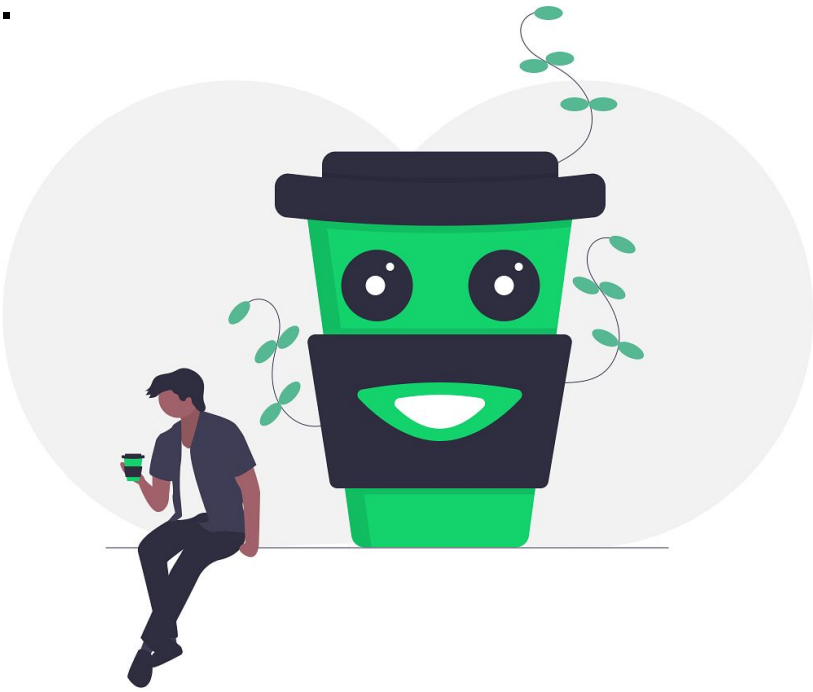


Sleep

Obviously the best way to keep up your health and happiness is a good sleeping schedule.

Between 6 and 8 hours a day for the average adult is more than enough.

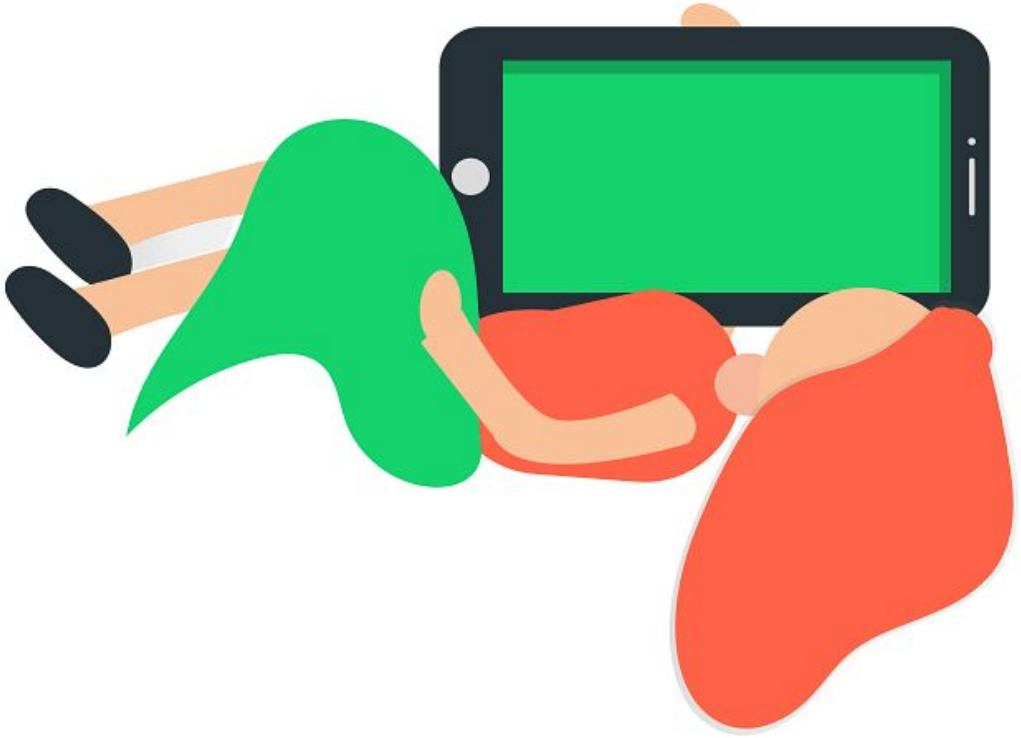
Try avoiding things like coffee and energy drinks.



Yet you may have noticed we previously mentioned insomnia as one of the problems in today's world.

You might have experienced it as well. Wondering why?

The Internet obviously.



We spend so much time in front of our digital devices without knowing or caring what they do to us.

The main culprit - blue light.

Check out these articles:

- "Blue light - learn the fact and fiction behind this modern threat"
- "How blue light destroyed our sleep"

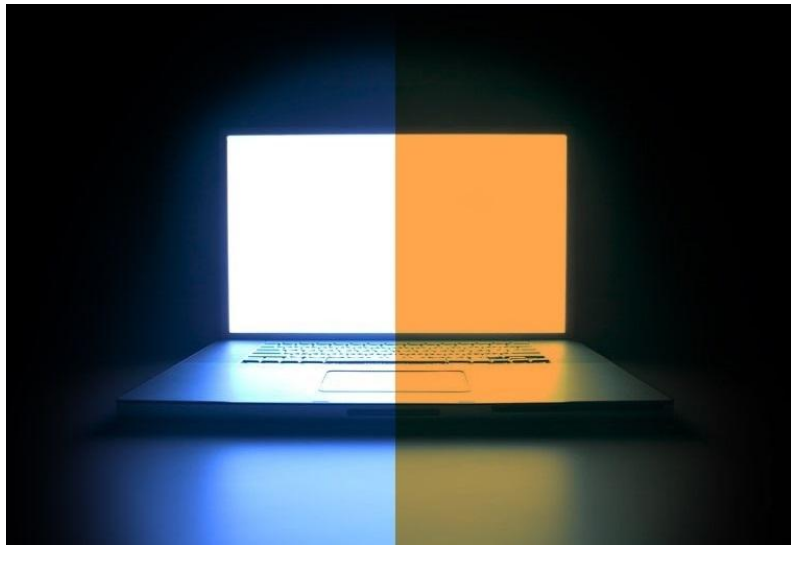
Artificial blue light disrupts our sleep patterns and leaves us longing for that sweet slumber at 3am.

That’s why we here at Iris have created a solution to all of the problems experienced in the modern day and age.

Iris

Protect your Eyes. Be Healthy. Achieve more

Iris is a software that reduces the blue light from your monitor and controls something called flicker, that makes your eyes hurt.



Conclusion

Remember the following things to keep yourself healthier and happier in the years to come - think more, be active, sleep better.

And try Iris for FREE ⬇️ 😉

TRY IRIS