

undesirable behaviour is likely to be replicated. Children cannot be chastised⁵¹ for their excessive⁵² screen time if their parents are just as bad.

Perhaps where work is concerned⁵³, many parents are just trying to do the best for their children by making a decent⁵⁴ income⁵⁵, providing a nice home and being able to meet all their child's educa-

SET SOME RULES AND BOUNDARIES AND HONOUR YOUR WORD.

tional needs and pay for a few⁵⁶ expensive presents now and then. It could be a win-win⁵⁷ as going the extra mile⁵⁸ is sure to be recognised by the boss. However, if by any chance we feel that our 24/7 online commitment⁵⁹ to the company will pay dividends to the employer⁶⁰ and our careers, we may be acting under a misapprehension⁶¹. Both Harvard and Microsoft research demonstrated that digital stress and overload⁶² can lead to reduced concentration, creativity and productivity. Then should we become Luddites⁶³ and stick our phones in a blender or bucket of iced water?

System Restore⁶⁴

It would be easy to point the fickle finger at⁶⁵ technology manufacturers and blame them for⁶⁶ leading humankind towards addictive⁶⁷ behaviour, however, we as consumers, parents and partners are at least⁶⁸ complicit⁶⁹. We need to learn to use technology responsibly, in moderation⁷⁰, and perish the thought⁷¹, sometimes not at all. Is it possible?

Following some simple rules can help restore the analogue-digital balance and bring your personal and family relationships back on track.

Set⁷² some rules and boundaries⁷³ and

honour your word. For example, agree not to check emails the minute you come home. Establish no-go areas for digital devices, such as the bathroom and bedroom and under no circumstances⁷⁴ allow phones at the meal table (that applies to all family members).

Devices can be used to reinforce⁷⁵ relationships such as playing family games or interacting with friends while watching an interactive talent show for example. However, in general, it is desirable to shift⁷⁶ such activities towards an analogue environment such as going out⁷⁷ together for a family bike ride or playing an old-fashioned board game⁷⁸ at home – and not looking up the answers on your phone!

Overall⁷⁹, taking a more mindful⁸⁰ approach⁸¹ to your possibly habitual technology use will help to keep it in check⁸². Ask yourself, "What am I doing right now? Is it really necessary? In so doing, am I excluding⁸³ someone I love? Could I be spending my time more usefully interacting with my partner or children?" Simply becoming aware of⁸⁴ those questions, might lead to a reappraisal⁸⁵ and the vanquishment⁸⁶ of technoference. ■



⁶⁸ at least *at list* przynajmniej

⁶⁹ complicit *kəm'plisɪt* współwiny

⁷⁰ in moderation *in ,mɒdə'reɪʃn* z umiarem

⁷¹ perish the thought *'perɪʃ ðə θɔ:t* niech Bóg cię broni

⁷² to set sth *tə set səmθɪŋ* ustalić coś

⁷³ boundary *'baʊndrɪ* granica, ograniczenie

⁷⁴ under no circumstances *'ʌndə(r) nəʊ 'sɜ:kəmstənsɪs* pod żadnym warunkiem

⁷⁵ to reinforce sth *tə ,ri:ɪn'fɔ:s 'səmθɪŋ* wzmocnić coś

⁷⁶ to shift sth *tə ʃɪft 'səmθɪŋ* przenosić coś

⁷⁷ to go out *tə ɡəʊ aʊt* wychodzić z domu, wychodzić na miasto

⁷⁸ board game *bɔ:d geɪm* gra planszowa

⁷⁹ overall *əʊvə'vɔ:l* w sumie

⁸⁰ mindful *'maɪndfʊl* świadomy

⁸¹ approach *ə'prəʊtʃ* podejście

⁸² to keep sth in check *tə ki:p 'səmθɪŋ ɪn tʃek* trzymać coś w ryzach

⁸³ to exclude sb *tə ɪk'sklud 'səmbədi* wyłączyć kogoś (z czegoś)

⁸⁴ aware of sth *ə'weə(r) əv 'səmθɪŋ* świadomy czegoś

⁸⁵ reappraisal *ˌri:ə'preɪzəl* powtórne rozważenie

⁸⁶ vanquishment *'væŋkwɪʃmənt* pokonanie, zwyciężenie

⁵¹ to chastise sb *tə tʃæ'staɪz 'səmbədi* udzielać komuś ostrej nagany

⁵² excessive *ɪk'sesɪv* nadmierny

⁵³ to be concerned *tə bi kən'sɜ:nd* dotyczyć

⁵⁴ decent *'di:snt* przyzwoity

⁵⁵ income *'ɪŋkəm* dochód

⁵⁶ a few *ə fju:* kilka

⁵⁷ win-win *ˌwɪn 'wɪn* sytuacja, w której obydwie strony wygrywają

⁵⁸ to go the extra mile *tə ɡəʊ ðə 'ekstrə maɪl* zrobić więcej niż trzeba, zrobić więcej niż jest wymagane (żeby osiągnąć cel)

⁵⁹ commitment *kə'mɪtmənt* zobowiązanie

⁶⁰ employer *ɪm'plɔɪə(r)* pracodawca

⁶¹ misapprehension *ˌmɪsəprɪ'hensjən* nieporozumienie

⁶² overload *əʊvə'ləʊd* przeciążenie

⁶³ Luddite *'lʌdɪt* technofob

⁶⁴ to restore sth *tə rɪ'stɔ:(r) səmθɪŋ* przywrócić coś, odbudować, odświeżyć

⁶⁵ to point the fickle finger *'fɪkl 'fɪŋɡə(r)* wytknąć, wytykać

⁶⁶ to blame sb for sth *tə blæm 'səmbədi fɔ:(r) 'səmθɪŋ* obwiniać, winić kogoś za coś

⁶⁷ addictive *ə'dɪktɪv* uzależniający