

Want to have a healthy life, practice 12 habits of this technology right now

Small changes in technology usage can make you healthier in life. Let's start from today!

Parents often worry about games, social networks, or exposure to violence that affects their psychological development. But you think how long it will affect them physically. Technological devices not only affect us psychologically but also physically, we use them every day, sitting postures affect our health.

If you close your eyes now, you can feel. Do you see a small stress point in the back of the neck? In your teeth or jaw? Or at wrist? What about legs? Many people have experienced pain in their legs because while sitting the computer squeezed their legs onto the horizontal bar on the table. And this bad habit will affect you throughout the years to come, you will have vascular problems.

Children spend hours every day at school using computers, phones and laptops and when they return home they still use one of those devices. Help children and change ourselves with good habits, to be able to create a healthier, healthier life.

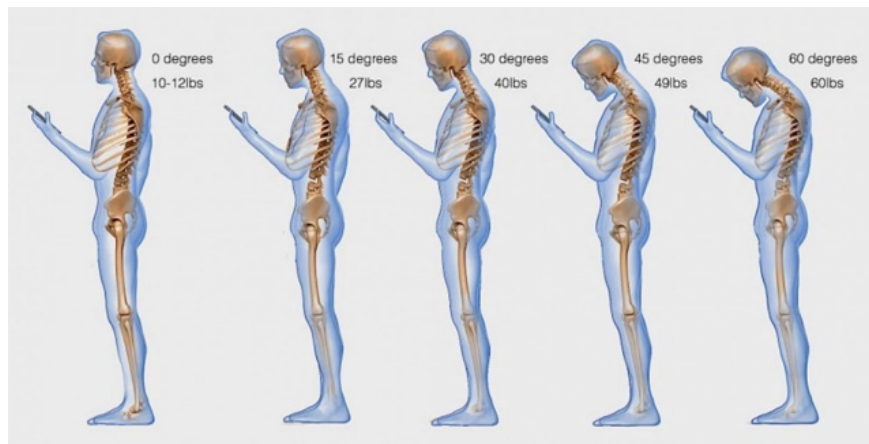
Technology habits help you lead a healthier life

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Posture of using the phone

You've probably seen or read news about your posture so that your head has a big impact on muscle tension in your neck and back. Physical therapists often have to treat elderly people with back pain, but now this sign has appeared in young people. So who is the culprit? That is the mobile phone.

1. Bad habits to avoid when using mobile phones (P1)
2. 10 reasons why smartphones negatively affect your health



Cleveland Clinic's Dr. Bolash shared three things that happen when you often head your head forward to look at the phone or laptop:

1. Your neck moves forward.
2. Your shoulders will be facing forward or upwards near your ears.
3. Neck and shoulder muscles shrink.

Now take out your mobile phone and try it. First put the phone in your lap and look down at it. Then raise your head straight up and leave the phone in front of you. You will see your shoulders drop down and see how the jaw changes in the skull, relieving the pressure. You will feel a muscle change in the spine and skull joint.

Habits 1: Lift up the phone

When using the phone, you should leave it at the lowest level at shoulder level. The less the angle of deviation, the lower the pressure.

Habits 2: Straight back

People often think that the hunchback of shrimps is due to reading a lot but now it is related to texting. Straighten and lift the chest to open the lungs and relax the back muscles when using the phone.

Habits 3: Sit up straight

Always let your ears and shoulders lie in a straight line, which means your right ear is just above your shoulder, otherwise you're leaning forward.

Posture of using laptop and desktop computer

The same principle applies to computers. Are you reading this article on a laptop or desktop computer? Do you have the right ear and shoulder posture, are they aligned? If you spend a lot of time using the computer, take the time to view and edit the posture to have a good habit of using these technology devices.

1. Bad habits when using a computer
2. Good habits for computer users

Habits 4: You should leave the computer screen neatly in front of your eyes

You need to sit perpendicular to the computer, do not twist, lean back to avoid scoliosis.

Habits 5: Remove the habit of emptying the chin when using the phone

The habit of anti-chin can dislocate the jaw, clench your teeth, twist your head, apply pressure on your wrist and reduce blood circulation in your hands.

Habits 6: Keep your wrists straight and relaxed

If you twist your wrist, this action will tighten the muscles in your hands and arms and stretch the ligament. This also spreads and causes stress on the neck and shoulders. The computer height is precisely designed when you sit up straight and place your hands at the keyboard, arms to relax from the shoulders down.

Habit 7: Use a good chair and push your hips back

Find a good chair that can force you to sit upright and strengthen your main muscles. When using a computer, you should sit up straight, not leaning back in a chair, this action will make you lean back, not good for your back and neck.

Many people have a habit of pushing their hips backwards, hunching their backs and putting their arms in front of the keyboard, now you're like a comma. This habit will weaken the stomach and back muscles over time. When using a computer, you should sit up straight, sometimes walking is the best exercise.

Habits 8: Keep your fingers and hands relaxed and use your hands at the same frequency

People often use a lot of computer mice, which causes fatigue on the elbows and shoulders. If you encounter this problem, use the same principles of discussion with the keyboard, relax your hands and shoulders to relieve stress, correct posture.

However, there are many users who use mouse to drag. You will significantly reduce stress in your hands and arms if you use both hands to press multiple keys. If you have ever attended a class, type the computer, you will be guided to use the right Shift key to capitalize the letters on the left hand side of the keyboard. This will reduce stiffness in the arms and arms. In addition, the computer has many shortcuts using function keys with letters. You should use both hands to perform these key combinations (use the hot hand on the right, the finger on the left and vice versa). This will reduce stiffness in the arms and shoulders.

1. More than 60 Windows shortcuts you should memorize

Pay attention to the stiffness points

Habits 9: Loosen the jaw joints

One thing you need to notice is that many people clench their jaws or teeth when looking at the screen. This habit will stimulate the facial muscles and is a bad habit to quit immediately.

Habits 10: Open your mouth gently and release the jaw

Release the jaw loose so that the tip of your tongue raises naturally to the front of the palate. This action will relax the facial muscles and jaws, you will immediately feel physical and psychological differences.

Don't forget your eyes

You should always focus on your eyes because eye strain is the main cause of headaches and muscle tension. When you look at the screen, you blink less than usual.

1. 11 eye protection tips when using the phone
2. 4 eye protection tips for computer users all day

Habits 11: Look up after an hour of using the computer

If you spend a lot of time looking at a computer, the eye muscles will weaken because they must remain focused on a constant point. Everyone doesn't want to have swollen eye muscles, so look out the window or hallway at least once an hour. This action will maintain flexibility for the eye muscles so you will not strain your eyes and do not need to use glasses due to muscle degeneration.

Habit 12: Use eye drops

As mentioned earlier, we will blink less when looking at the screen, so our eyes will be dry. Using artificial tears will help maintain the flexibility of the iris, especially when you get older.

Any activity you spend many hours a day will change the way your body grows throughout your life. Small changes can improve how the body works over time instead of weakening.

See more:

1. Establish 11 useful technology habits for 2018
2. 10 bad habits in technology you should stop working in 2018
3. 11 daily habits silently destroy health without you knowing

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