

Stop at the Screens.

Stop Screens.

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The more you connect to the
Screens the less you connect
to the people around you.



We have to stop looking too much at the screens!
#Stopscreens.

What is a screen addiction?

Screen addiction is a constant need
to stare at a screen.

What is ^{the} problem ^{of} the screen addiction?

Addiction is very dangerous because
it can lead to stress, mood disorders
and hyperactivity.

It shouldn't be taken lightly.

#Stopscreens.

There is some advice:

- You had better go to bed earlier.
- You should go outside
- You should read more books
- You had better hang with your ~~are~~ friends.
- You ought to set a limit on your phone. to have everything blocked at this limit.

