

# Today. *Tomorrow.*

Connecting you with the information today of the technology tomorrow.

## Building a Healthy Relationship with Technology

There is no denying the power of technology in our day to day lives. Technology has the capabilities to help us do great things. It takes productivity to the next level and creates avenues of communication that are unmatched. These simple tips, broken down to parts of the day, can help you get the most out of your technology without risking your health or relationships.

### Starting Your Morning

Did you know that the average time someone spends on Facebook, per visit, is 20 minutes? This may not seem that long, but compounded, it can add up fast. How many times have you woken up and immediately checked your phone for emails or Facebook? Just think, you could be well into your morning routine while you are still in bed for that 20 minute visit to Facebook.

### Take Control of Your Day

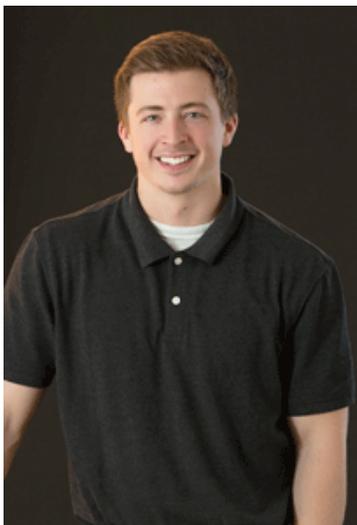
Taking control of your day and your tech, of course, involves confronting the idea of multitasking. This is a common practice that many feel help them get more done during the day. In reality, multitasking is shown to be a detriment to productivity and downright dangerous at times. This is arguably best exemplified with driving. It goes without saying that using your tech while driving is not a good idea. In fact, Edgar Snyder & Associates points out that one out of every four car accidents is caused by cell phone use. If the urge is just too great, there are apps that can prevent you from texting or emailing while you are driving.

Another way to take control of your day is to set specific times for checking your email. This prevents unnecessary interruptions every time you receive a new email (which can be quite often). Most devices have settings to control how you receive notifications.

### Settling Down

First thing in the morning and the last thing at night, right? Consider avoiding screens an hour before going to bed. Studies show that exposing your eyes to the blue light that screens produce actually inhibits the melatonin that tells your brain it's time to go to sleep. While features like Apple's "Night Shift" seek to reduce blue light from devices, reducing your tech use before bed remains the most effective.

Technology is a tool that can create limitless opportunities. The catch is that this tool can be abused, like others, and become a detriment instead of a benefit. Use these tips in your own life and see how you can transform your relationship with technology for a better, more productive life than ever.



## Meet the Staff:

### Tanner Cline - Information Networking & Telecommunications Intern

Tanner Cline is an Information Networking & Telecommunications Intern for Intellicom. In this position, he will gain experience in industry best practices in a variety of areas including management, customer service, and hands-on exposure to a variety of technologies and technical practice areas. Prior to Intellicom, Tanner worked as an Assistant Retail Manager at Great Platte River Road Archway and a cashier at All-Points Cooperative in Callaway.

Tanner is currently a senior at the University of Nebraska at Kearney and is a part of the Information Networking & Telecommunications program.

**Favorite Movie:** Fury.

**First concert you attended:** OneRepublic.

## Save the Date

Intellicom has been asked to participate in the Microsoft Community Connections program and work jointly with the Kearney Area Chamber of Commerce to present a lunch and learn session on security to its membership. The session will most likely happen in October and will be well publicized by the Chamber and Intellicom! Watch your inbox for more detail in the coming weeks.



# Intellicom

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