

Connect with Tech

Search the internet for the affects of technology on our relationships and you will be inundated with a mish mash of information. Some say there is a negative impact while others show the benefit. Because we are fostering resiliency, let's focus on the positive effects.

A study conducted by Keith Hampton, PhD, from Rutgers University found the following regarding technology and relationships.

- It leads to more offline interaction.
- Relationships are closer.
- Technology helps relationships last over time and distance.
- It makes us aware of our group's diversity.
- It creates communities.

Try This!

1. Think of someone you appreciate.
 2. Now comes the fun part! Use your smart phone, tablet, computer, etc. to message, email, or post on social media something that you appreciate about that person.
 3. That's it!
- If you want to enhance this activity, do it again or encourage someone around you to give it a try and share your experience.

http://www.huffingtonpost.com/2014/10/17/technology-changing-relationships_n_5884042.html

<http://www.webmd.com/healthy-aging/features/tech-affects-relationships#3>