



más allá del síntoma

Written by Jessika Talavera, Ph.D.



How is technology changing our ability to pay attention?

At some point during the day, almost all of us do the same thing: we check our phones "just for a moment." We reply to a message, glance at a notification, or open an app, and before we realize it, several minutes have passed.

Technology is an integral part of our lives and has brought tremendous benefits. It allows us to work, learn, and stay connected. At the same time, we live in an environment designed to capture and hold our attention almost constantly.

Current research shows that technology does not cause Attention-Deficit/Hyperactivity Disorder (ADHD). However, it may contribute to greater difficulties with attention, impulsivity, and self-regulation...

particularly in children, adolescents, and adults who already have vulnerabilities in these areas. Research also suggests that the impact is not determined solely by the amount of time spent in front of a screen. Factors such as getting less sleep, engaging in less physical activity, and

using digital devices as the primary way to regulate emotions may also contribute to difficulties with concentration, mood, and overall well-being. The good news is that small changes can make a meaningful difference.



Maintaining a regular sleep schedule, setting aside screen-free time, encouraging outdoor activities, and creating opportunities for family conversations can help protect our attention and support our mental well-being.

Technology is not the enemy. The goal is not to eliminate it, but to learn how to use it more consciously and intentionally.

A Question for This Week

Before reaching for your phone out of habit, pause and ask yourself:

Do I really need to check it right now, or am I simply responding to a habit?

Small pauses like this can help us reclaim something that is more valuable today than ever before: our ability to be fully present.

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Conoce nuestros productos:



What if this week you replaced one screen with one conversation?

Discover **Banditas en Familia**: 50 activities designed to strengthen family relationships, encourage healthy digital habits, and create meaningful memories away from screens.

Podcast

