

Mind

SMART WAYS TO STAY SHARP, CALM AND POSITIVE

NOT FOR SALE



MEMORY DEVICE

From 'brain rot' to 'digital dementia', there are countless expressions describing the supposed hazards of digital technology for our brain health. But when US researchers analysed data from 136 studies of more than 40,000 older adults, they found that digital technology use was correlated with a 58 per cent lower risk of cognitive impairment and may even reduce the chance of dementia. The study authors explain that learning to use a digital device and the internet can "exercise" the brain, and staying connected with family and friends online may help mitigate the cognitive impact of loneliness and social isolation. But that doesn't mean you should doomscroll with abandon! Too much tech use can cause mental fatigue and decrease attention span.

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