

# Useful advice for teenagers addicted to computers



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# Friends, most powerful weapon

- Even if you don't have friends, you should try to find some.
- If you have some, go to city, or somewhere with them.
- They'll appreciate that and by time, you can find a new things to do maybe. It would be more interesting, than before.



# ↳ Finding suitable hobby ↳

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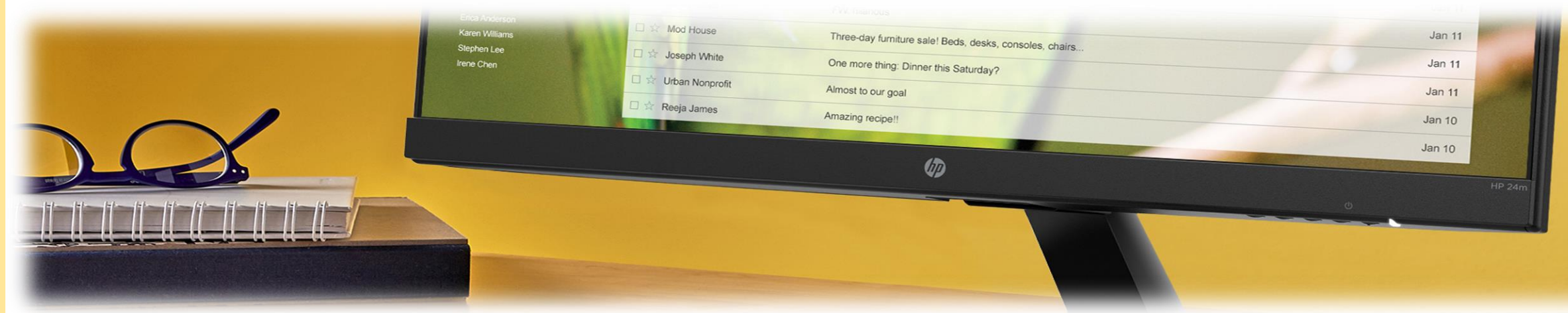
- Have you ever tried some different hobbies so far?
- There's too many various hobbies. You just can't try everything in one life. Or maybe yes, but it's up to you, to discover new „*things*“ every day.
- It's always fun, but different kind of.



# Turning off computer



- Do you want to hear something brand new? Turn off your computer. „*It is better now, no?*“ You can already speak with others.
- Have you ever asked somebody around you, if he/she need some kind of help?
- That really helps a lot, by psychological side of view too.



# Daily nature walks

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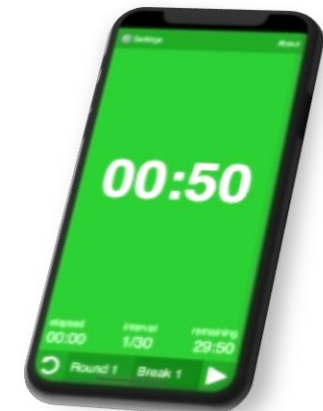
- Nature is the best way to relax. „*You're calm, you don't have to scream anymore.*“ In general, green is color of calmness.
- Your brain cells are restoring all at once.
- Idea for anything comes within a minute.
- And a plus, it's a brand new adventure, you can finally share with others!



# Setting up limit to maximum



- Absolutely! Another way to help you with an addiction, is to „*set up your own limit.*“
- It means, you can set up timer on your watch / mobile or the old one, alarm clock.
- When timer runs out, you're finished for today's computer using. You can go to do some hobbies or something, what is comfortable or suitable for you. „*Don't worry, computer will be still there, on its place.*“



# Getting a pet for your household

- It is known, animals like cats or dogs, etc., are „*literally best friends of people.*“
- If you buy a pet, it's best present for you. You can take care of him/her.
- „*The computer will be no longer needed!*“ Yes, actually it's kind of hobby you can do NON-STOP.



**YOUR**  
**Thanks for attention!**

*„Hey, have a nice day!“*