

**RESPECTING PRIVACY
SAFEGUARDING DATA
ENABLING TRUST**

January 28

**DATA
PRIVACY
DAY**

What is the first thing you do when you wake up in the morning....of course, it's checking your phone? Last week I stepped out without my phone, and as you guessed, I was in a deep state of panic. After a few days, I realized that there is no need to panic if I don't have my phone with me for a few hours. Then I started pondering over "Are we using technology to improve our lives or are we letting the technology run our lives?"

If all of our free time we are regularly checking email, blogs, Twitter and play games, maybe it's time to take a step back. We should learn to have Planned Downtime from our digital selves. I would say being hyperconnected is a boon to our generation and information is at our, and we can connect and chat with anyone from anywhere in the World in a fraction of seconds. But with constant engagement with technology scientists reveal that it's changing the brain makeup.

Recent brain-imaging studies suggest that areas of the brain involved in mood, concentration are hyper-connected, which scientists believe could lead to problems with focus, anxiety, and memory frequently seen in depression.