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DR. KINNEY'S COMMENTS:

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2. **Screen Use:** Reducing screen time, especially before bedtime, can help improve sleep quality. Using blue light blockers or adjusting screen settings to reduce blue light exposure can also be beneficial.

3. **Physical Activity:** Regular exercise has been shown to improve mood and reduce symptoms of depression and anxiety. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

4. **Nutrition:** A balanced diet rich in fruits, vegetables, and whole grains can help maintain mental health. Avoid excessive intake of caffeine and sugar, which can cause fluctuations in mood.

5. **Mindfulness:** Engaging in mindfulness practices, such as meditation or yoga, can help reduce stress and improve overall well-being.

By implementing these strategies, individuals can better manage the challenges of the digital age and promote better mental health outcomes.
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