



# Proclamation

## By the Governor of Alabama

*WHEREAS, American adults spend more than 11 hours per day watching, reading, listening to or simply interacting with technology; and*

*WHEREAS, from young children to senior citizens, the challenge of balancing our technological usage is a daily reality; and*

*WHEREAS, the overuse of technology is affecting every aspect of our lives: physical health, emotional well-being, social relationships and overall productivity; and*

*WHEREAS, spending too much time on screens has been linked to not getting enough sleep, academic performance and a greater risk of obesity; and*

*WHEREAS, overuse can lead to increased eye strain and stress and can worsen Attention Deficit Disorder symptoms and brain fog; and*

*WHEREAS, unplugging helps to decrease feelings of jealousy, envy and loneliness; and*

*WHEREAS, UNPLUG: The Digital Diet Plan has a goal of educating not only young adults, but people of all ages on the harmful consequences of overuse of technology and offer practical steps to find a balance of usage;*

*NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim February 17, 2019 as*

# Unplug Day

*in the state of Alabama.*



*Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 17<sup>th</sup> day of January 2020.*

*Kay Ivey*  
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Kay Ivey, Governor