

Phone Overuse:

Have you not been able to concentrate? Having a hard time with participating in a face-to-face conversation? Do you wish you and your phone could spend all your time together? If you answered yes to at least one of those questions you might be experiencing the negative effects of phone abuse. It could lead to serious issues, so do not take it lightly! Visit CTP to learn what you can do to make it better.

To learn more about overuse of technology visit:

http://www.streetdirectory.com/travel_guide/7757/phones/cell_phone_abuse_are_you_a_victim.html

<https://teencellsafety.wordpress.com/category/cell-phone-abuse/>

https://ipfs.io/ipfs/QmXoypizjW3WknFiJnKLwHCnL72vedxjQkDDP1mXWo6uco/wiki/Mobile_phone_overuse.html

About CTP:

Center For Technological Pain is a non-profit organization focused on offering DIY and Open Source solutions to health problems caused by technology. These solutions range from physical objects that help eliminate certain problems to self-defense moves and classes that help beat tech-addiction.

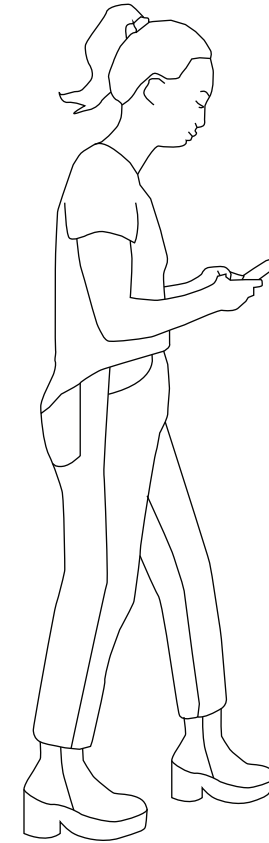
For more information visit:

website:
centerfortechpain.com

instagram:
[centerfortechpain](https://www.instagram.com/centerfortechpain)

twitter:
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OVERUSE



Self-Defense
Against Technology



WEAK KNEES

Overusing mobile phones can lead to serious social and psychological problems.

If you see someone on their phone, when they should be paying attention - make them weak at the knees.

