



Maintain a Healthy Lifestyle

The internet has changed the world in which we live and continues to transform the way we work, socialize, and share information, regardless of geographic location.

Since you can do almost anything on the internet, it's easy to consume more time than planned. Being ubiquitous, affordable and seemingly anonymous, the internet's ever expanding activities increase the possibility for misuse.

How much room do we have for God in our lives compared to technology? God is always present and available to us. Are we also available and present to Him? It is with His presence and grace that we cultivate a deeper, more intimate relationship with Him and all that is good. We are healthier when we maintain this good balance.

Positive Activities

- Pray
- Meditate
- Practice relaxation techniques
- Exercise
- Socialize within healthy relationships
- Laugh

Foster Responsibility

- Keep commitments and appointments
- Complete assignments

Organize Daily Routines

- Manage time
- Eat healthy meals
- Plan alternative activities when most likely to spend unproductive time on the internet
- Keep a regular sleep/wake routine
- Make time for yourself

Limit Internet Use

- Set time limits
- Take planned breaks
- Observe "blackout" time

Vary Ways to Spend Free Time

- Read
- Walk/exercise
- Journal
- Phone or meet a friend
- Attend community and cultural events
- Play chess, tennis or other activity

Strengthen Relationships

- Meet with friends and family often
- Continue in-person social support network
- Maintain healthy face to face relationships
- Share your feelings with a trustworthy person

Cultivate Coping Skills

- Recognize the signs of stress and anxiety and solicit help to cope
- Seek professional help if struggling with internet use - you're not alone.



Signs of Unhealthy Internet Use

Length of time or activity can adversely impact one's life

Being online for too long greatly reduces or replaces personal interaction

Use becomes compulsive: shopping, gambling, stock trading

Using to cope with boredom, stress, anxiety, loneliness, depression

Persistent need for connection with others on line/cyber relationships

Compulsion to view pornographic material

Altering identity or creating online personas or profiles

Concealing or lying about amount of time spent on line

Difficulty refraining or reducing time spent on the internet

Online use is altering sleep, eating, personal hygiene regimens

Increased substance use

Addictions/Co-Occurring Disorder Program

In response to a growing need to address compulsive use and the addictive nature of the internet, the Saint John Vianney Center can help assess problematic behavior, and restore a healthier lifestyle in mind, body and spirit. Contact us for more information about our Addictions and Co-occurring Disorder Program.

Ten Tips for a Healthy Lifestyle

Internet Use

1. Be more present to God.
2. Maintain healthy face to face relationships.
3. Choose healthy lifestyle sites and apps.
4. Monitor time and set limits.
5. Observe an internet "blackout" period (e.g. 10pm – 6:30am).
6. Think twice about what you upload or download.
7. Budget for online purchases.
8. Written words can hurt. Wait before you send.
9. Keep safe boundaries on social media.
10. Promote a healthy online reputation.



Saint John Vianney Center

151 Woodbine Road
Downingtown, PA 19335



How to Maintain a Healthy Lifestyle

“The eyes of the Lord are in every place, watching the evil and the good.”

PROVERBS 15:3