

## PRESS RELEASE:

### A NEW GUIDEBOOK FOCUSING ON PHYSICAL AND MENTAL HEALTH IN THIS DIGITAL AGE

*"Kerry Crofton's Less Screen, More Green describes the importance of children spending time outside and suggests how educators can encourage a love of the natural world that is so desperately important."* – **Dr. Jane Goodall**



With contributions from leading environmental educators, mindfulness teachers, scientists and public health experts, this book is the essential toolkit for parents, grandparents and educators who want to find freedom from tech overload, give children a love of nature and restore balance.

In this global pandemic we are evermore reliant on our devices and applications such as FaceTime, Zoom and Google Hangouts.

Despite the increased necessity and convenience, we're also aware that sitting indoors most of the day, never far from our phones and staring at screens has its downside.

Symptoms of tech overload include: sore eyes; neck, shoulder and low back pain; repetition strain injuries with excessive use of our fingers and wrists; headaches; insomnia; and mental health issues such as depression and feelings of isolation.

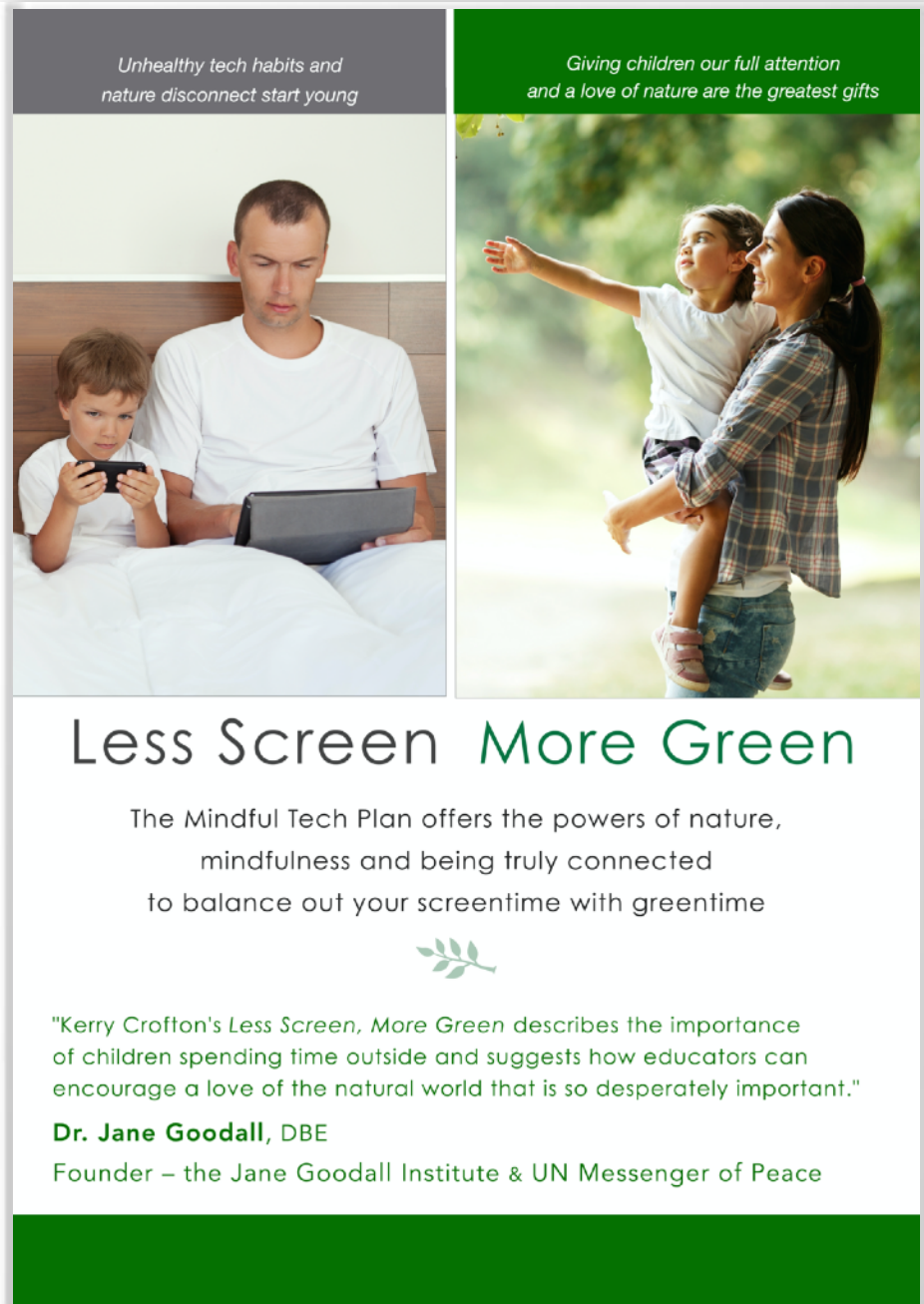
All this screentime and virtual communication have disconnected us from each other and nature when we most need these for balance. This book comes at a pivotal time with practical solutions and good news: we can use devices more mindfully; we can release ourselves from dependency and even twenty minutes of nature time boosts our physical, mental and social wellbeing. From leading experts we learn mindfulness practices and the healing benefits of "nearby nature" – even forest bathing – indoors.

Author Kerry Crofton has been teaching wellness programs and mindfulness practices for over 40 years. She is a mother and grandmother concerned for the mental and physical wellbeing of children, families and people of all ages. She is the founder and CEO of a Canadian non profit charity focused on wellness and environmental education in this digital age.

Their evidence-based Mindful Tech Plans™ focus on all facets of life, from the classroom to the workplace to the family home with safer tech solutions for all things wired and wireless.



As Richard Louv, author of *Last Child in The Woods*, reminds us:  
*"The more tech we have, the more nature we need."*



Kerry and many of her international team of experts are available for interviews.

Please contact her publicist, Kiki Cekota, at [kcekota.97@gmail.com](mailto:kcekota.97@gmail.com).

[www.LessScreenMoreGreen.org](http://www.LessScreenMoreGreen.org)