



# The Carnelian Center

## February 2025 - Technology

The mission of the Carnelian Center is to provide the community with affordable holistic health care while nurturing the individual through art, education and cultural integration. Our vision creates healing in a beautiful, peaceful setting with respect for the ecosystem and the preciousness of water.

The Carnelian Center - PO Box 452 Dixon, NM 87527 / 505-579-9630 / 219 State Road 75 / [carneliancenter.org](http://carneliancenter.org)



### Less Tech = More Health, Joy & Smarts

#### Galilee Carlisle

It is now widely understood that increased time spent on cell phones and computers leads to increased difficulties physically, socially, emotionally and spiritually. SO, I have come up with easy-to-implement, fast-acting, evidence-based strategies to REDUCE screen time. My wish is to have people get to a point where THEY are in-charge of their tech, rather than the tech being in-charge of them (which is sadly and visibly often the case).

#### Strategy #1 – Create a Sleep Sanctuary

Establish a household “docking station” for all devices at night – far from all sleeping places. No screens in the bedroom and for ½ hour before sleep. Turn off WiFi at night. Get an analog alarm clock. Possibly put an automatic outgoing nighttime text reply that tells people you are asleep, so they don’t worry that you are ignoring them. Why all this? SLEEP – good, solid, undisturbed sleep – is CRUCIAL to memory, focus, mood-regulation, immunity, hormone balance and MORE. Screen use and electromagnetic radiation from wireless tech interferes with sleep. This is the most-studied and proven health consequence of screen use. Treat sleep as SACRED and worthy of protection.

#### Strategy #2 – Re-train your friends & family

Quite likely, you and your loved ones have gotten very used to being able to communicate instantly all day long. While this is convenient for some things, it creates a state of dependency that leads to all kinds of distress, anxiety and distraction from the need to be always “on”. If you crave a healthier relationship with your tech devices, you will have to retrain your dearies. This process tends to only take about 3 weeks! Tell your closest people that you are going to try something new for your overall health (they WILL understand!). Tell them that you will no longer be “on call” 24/7 AND that you will not expect them to be, either. Possibly tell them that you will be available a certain hour of the day or that you will reply to messages once every 24 hours. This will be inconvenient at first, but once you get better at planning ahead, staying organized and sticking to the plan...you will find that your intuition & trust increase and your connections with others deepen. You will also find that you have more time, focus, freedom and patience, which feels so good. Also, initiate screen-free meals and outings with your special people.

### Strategy #3 – Hack your Systems to be less addictive

Sometimes we need help resisting the addictive design that tech companies have spent countless resources on perfecting! They don't care about your wellness, they just want your infinite attention. So, here are some "hacks" to help. Set the color on your screen to "gray-scale". This can reduce casual, impulsive use by as much as 80%. Turn down the brightness. Delete all but one social media. Turn off notifications and "bury" your apps to be less-accessible. Install a time-tracking app like ScreenTime, Moment or DinnerMode to hold you accountable. You will find that you have more focus and calm and you will become more aware/in-charge of your use habits!

### Strategy #4 – Choose Low-Tech Ways for learning and entertainment

TOO often now, people turn quickly to the internet for information and entertainment. While convenient, the dependency has a whole array of unhealthy side-effects. SO – I suggest that you become a little "old fashioned" and see for yourself just how good it feels! Start collecting reference books on the subjects you love – birds, rocks, music, old cars, state parks, war history..... It is amazing how much you can quickly learn from books, encyclopedias, atlases. Find them at thrift stores, used book stores, yard sales, etc. The rule I live by.... "did the question/topic exist before the internet?" If the answer is "yes", do NOT look on the internet for the answer. Slow down and think of other ways to find out or just wait an hour and realize it doesn't really matter. Calling a store or professional is another rewarding way to gather information. This increases community connections and resourcefulness. For entertainment – read, write, play board games, go to live shows, cook food, go for hikes, fix or make something – rather than turning to the easy "fix" of the screen. When you go on hikes or work on projects, leave your phone behind for a change. You will gradually become less compulsive, more relaxed, happier and smarter.

### Strategy #5 – Practice "Nexting" in spare moments

You've definitely seen it and probably done it..... you are waiting for a friend or appointment...you pull out your cell phone and start scrolling through old photos, old texts, social media..... You go "down the worm-hole", you "check out".... Sometimes this is to avoid awkwardness or "boredom", but the net-result is that we miss out on crucial awareness and an amazing opportunity to prepare. Here is where "nexting" comes in.... Resist the urge to look at your device and instead.... think about what is coming next/soon in your life– the appointment, a meeting, gathering, meal to prepare, long trip, a performance or game.... Take these spare moments to simply assess how you are feeling about it and truly consider WHAT you CAN DO to be at your BEST in this upcoming situation, what questions you want to ask.... This "nexting" will prepare you in ways that create peace, clarity, grace and SUCCESS! Your attention will become focused and useful, rather than scattered into the abyss of the internet.

### Strategy #6 – Turn FOMO into JOMO

Consider this... we are ALWAYS missing out on 99.99% of what is happening around the world in any given moment. Since this is an accepted and unavoidable fact, we might as well enJOY it, rather than fear it or fret about it. Thus, JOMO – Joy Of Missing Out – rejoice by thoroughly enjoying whatever you are doing wherever you are (and don't post anything about it – just experience!). You will feel less fear/anxiety/stress/competition and more joy/freedom/contentment.

### Strategy #7 – Establish a Mentorship

Our whole being craves hands-on, sensory-rich experiences that forge bonds and feel new and fascinating. To this end, I heartily recommend setting up a mentorship with someone who lives within 20 miles of you and is really good at something new you'd like to learn. Offer to help them with something once a week in trade for learning from them in their studio/shop/office/garden... This will get you out of your usual routine and create bonds while you learn. Bring both hands, an open mind and your whole heart as you leave your tech behind and let the experience soak in. I recommend 2.5 hours per week for 6 weeks as a starting arrangement. YES, this is for all ages!

I hope that you will try all of these strategies and blossom with the new-found energy and resourcefulness that becomes available to you. You are IN CHARGE of where your attention goes!!

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Galilee Carlisle was born and raised in Dixon, NM and now farms and teaches in western WA. She lives a happy low-tech life and loves to help others go that direction!





## Technology and Children’s Development: the Tool of Our Times

### Kaycee Hinckley

In recent history the most important tools of life and work have been hammers, factory machines, or reading/writing. The tool of this time in history is computer technology (in all of its iterations). Our kids need our support to learn to use this tool. Whether you love it or hate it, it’s indisputable that work and life in this time is computer mediated. As a pediatric occupational therapist and parent I have a conversation weekly with my clients (and in my own home) that goes something like this: How much screentime is appropriate?! My consistent answer to this question is: It’s important that computer time doesn’t take over all the space that would otherwise be used for unstructured play, socializing, and outside play. “Components crucial for psychophysiological resilience are non-wandering mind (typical of ADHD-related behavior), good social coping and attachment, and good physical health. Excessive digital media use by children and adolescents appears as a major factor which may hamper the formation of sound psychophysiological resilience.” (Lisak, 2018) What this research indicates are that when deciding how much screen time is appropriate for you and your kid(s), check in and see if you’re connecting with opportunities to build relationships and friendships, develop deep interests/foster deep focus activities (legos, reading, unstructured playtime, etc.), and physical activity on a daily basis. There is research that children who have too much screentime develop myopia (Karthikeyan S.K. Et al., 2022) and that time outside is protective and helps prevent this. Psychophysiological resilience is a big word for a pretty basic concept. Kids need to have unstructured time outside and inside with friends and alone to learn how to have conflict, make things, and build relationships. Kids do not need to be entertained and their highest calling is to play. When we plug them in as a substitute for the messy work of play we are not supporting their development. Unstructured play is essential to healthy brain and body development.

Age	Amount of time	Recommendations
Under 2	No screen time	Kids under 2 do not benefit from any screens, including educational programming
2-5	Less than 1 hour/day	This works best when parents participate and reference it in daily life (songs, stories, etc)
5-12	Variable, my opinion is 2-3 hours (including school-based screens)	If your child has 4-5 hours of time afterschool make sure at least 50% of that is active, unstructured time. No screens right before bed, there is strong evidence that this significantly impacts quality of sleep for people of all ages
12 and up	Variable	We are teaching skills of self-management of screen time. Be proactive to help your teen develop a healthy relationship with phone use, rhythms and routines of non-use times during the day. This is best done by modelling, not by telling or controlling/punishment.

**References:**

Karthikeyan, Siddharth K1,2; Ashwini, DL3; Priyanka, M1; Nayak, Anush2,4; Biswas, Sayantan5. Physical activity, time spent outdoors, and near work in relation to myopia prevalence, incidence, and progression: An overview of systematic reviews and meta-analyses. *Indian Journal of Ophthalmology* 70(3):p 728-739, March 2022. | DOI: 10.4103/ijo.IJO\_1564\_21

Kryl, C. (2024) Screen Time Guidelines for Kids, at Every Age: CHLA Experts Weigh In. <https://www.chla.org/blog/advice-experts/screen-time-guidelines-kids-every-age-chla-experts-weigh>

Gadi Lissak (2018). Adverse physiological and psychological effects of screen time on children and adolescents: Literature review and case study, *Environmental Research*, Volume 164(149-157). Doi: <https://doi.org/10.1016/j.envres.2018.01.015>.



### The Weekend Mediator Mara Christine

Are you fighting with your neighbor? Having difficulty reaching a child-custody agreement with your ex-spouse? Feeling unheard?

So many conflicts can be nipped in the bud before they get out of hand, destroy good relationships, and even end up in court.

#### Mediation can be the solution.

What is mediation?

First, to dispel a common confusion, mediation is not meditation.

Mediation is the practice of encouraging and improving communication between disputing parties. A mediator is a neutral party who helps guide disputing parties toward agreement; a mediator does not give legal advice but rather helps people seek practical solutions. That said, mediation can save you money by preventing conflicts from escalating to expensive litigation.

#### The Weekend Mediator at the Carnelian Center

I will offer mediation services on the weekends at the Carnelian Center beginning in April 2025. My mediation practice is characterized by empathy, common sense, active listening, creative problem-solving, and confidentiality. As a public interest attorney licensed in New Mexico, I bring to my mediation practice a broad understanding of family law, property law, water law, natural resources law, acequia and land grant law, and other environmental issues that impact northern New Mexico.

#### Who Am I?

I am a local, having grown up just up the road in Lyden, where my mom still lives. I raised my children in Ohkay Owingeh, where we grew our own produce and raised chickens, pigs, and sheep on our certified organic farm. Before becoming a lawyer and certified mediator, I was a Montessori elementary teacher for 12 years and a research librarian for 8 years before that.

I will work hard on your behalf to help resolve disputes before someone gets sued.

I can be reached at (505) 603-0206 or at mediation.weekend@gmail.com.

I'm excited to start working with you!  
Mara

# Carnelian Center Practitioner list

#### Lluvia Lawyer-Aby (License #1902)

Massage and Core Synchronism for all ages

Contact: 505-803-1476 / lluvia@carneliancenter.org

#### Maria Chilton (License #1830)

Transformational Massage, Hot Stone. Owner - Little River Remedies

Contact: 505-927-2974 / maria@carneliancenter.org

#### Montse Serra

Spiritual Healer, Family Constellations, Reiki & Akashics Master

Contact: 402 5151 2791 / montse@carneliancenter.org

#### Cathy J. Robison (License #6599)

Massage Therapist Anatomy based Therapeutic Massage

Contact: 505-670-6124 / cj@carneliancenter.org

#### Katalina Olivia Gurulé

Herbal Consultations. Reiki. Limpias. Licensed Practical Nurse

Contact: 505-573-0068 / lumbreluna@gmail.com

#### Kaycee Hinckley (OT License # 3187)

Occupational Therapist and Neurofeedback Provider

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#### Sarah Grant (License #1038)

Practices Japanese Style Acupuncture

Contact: 505-603-0362 / sarahcrawfordgrant@gmail.com

#### Susan Prins (License #MT8460)

Veterans' Community Care massage therapy provider

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#### Phillip Eliezer Klein (DOM#1256)

Acupuncture, Oriental Medicine & Biodynamic Farming

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#### Jenny Rizzo (License #8019)

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#### Roxanne Sanchez

Chronic Pain. Yoga and Tai Chi Teacher .Community Health Worker

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