

## Notifications

When we receive a mobile notification, our brain produces dopamine - although it can end up being just as satisfying getting a like from your secret crush as upsetting another tiresome meeting invitation from your boss can be. **GenZ people unlock their phones 80 times a day on average** - it's no surprise they struggle with more anxiety and drastic mood swings than any generation before them. As they spend more and more time being connected online, **keeping focus on the significant notifications** and not overstressing the unimportant ones might be the **key to keep their life balanced in general**.

Taking a quick lunch break during a usual day. It should be that easy. **But once you are connectable, switching off for a couple of minutes can be quite a challenge**. Our hero tries to enjoy his meal until the disturbing difficulty of hiding from constant notifications finds him.

Mobile phones can disrupt attention performance even if one does not interact with the device. Its notifications might have a negative effect not only in paying attention, but increasing anxiety as well. At the same time - receiving satisfying ones might reduce stress level and help feeling rewarded. As switching off notifications permanently is not an option, but constantly checking them has been proven to be unhealthy, **focusing on the relevant ones** is not easy, but might be **fundamental for a balanced life as a young adult**.

**Yettel.**