

Date: 06/06/2025

Day: Friday

Writing

Precis writing

Indent the paragraph

The psychological effects of dependency
Digital overuse ^{harms} mental health. It
reduces focus and social skills. Teens show
signs of tech ^{technology addiction} addictive. They face anxiety,
poor sleep, and bad grades. Full disconn-
ection is not possible. Balanced use and
mental support are needed.



Connectivity is missing. Precis seems too short.

6/20