Have you ever walked down the street and noticed that almost every single person is walking with their face down watching a screen?This means fhat we aren't really show each other our true selves.They would be healthier and fitter if it weren't for fechnology.Technology makes us stressed and frustrated so it is time that we take a break and drag our eyes away from the screens.Instead of having real conversations with our family and friends, we are having disjoinfed and unrealistic conversations using social media.All this technology is detaching people and preventing us from really connecting with each other.We would all be less grumpy and irritable if we weren't spending our days staring at screen.It's time to rally together and get rid of all this technoln to create a happier, healfhier society!Kids aren't getting outside and playing anymore so they don't have any imagination and they certainly arent getting any exercise.Too much technology in our lives means that we don't have real conversations and therefore we are becoming disconnected from each other.It is also important to realise that technology can make us frustrated and angry.It seems that technology hos completely taken over our lives today!Technology is also tearing families and friendships apart.