Digital Wellbeing

A Crash Course

Webinar Companion Handout

Reflecting on Our Digital Habits

Before we start talking about digital wellbeing, it is useful to take a step back and assess our relationship with the digital technology that surrounds us.

Think about –

✓ How much time do you spend online?

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✓ Do you spend your time mostly on one platform?

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✓ Which devices are you using most often?

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What is Digital Wellbeing?

There are many ways to measure and define Digital Wellbeing.

One definition of digital wellbeing is the **state of balance and harmony between our digital lives and overall health**.

Think about what digital wellbeing means to you. Write your definition in the space below.

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Reflect on the amount of time you spend each day interacting with digital technology, whether it is your cellphone, computer, or even television.

Is it necessary to spend this amount of time? Are your digital habits in alignment with your overall health goals? If not, what habits can you begin to adjust to improve your balance?

Add your responses in space provide below:

_____
_____
_____

Five Practical Tips

There are several ways to achieve a balance, but here are five practical tips:

1. Use Do Not Disturb

2. Reduce Notifications

3. Reduce Bedtime Tech

4. Limit Icons

5. Go Outside

Think about your personal circumstances and write at least one strategy you can put into place immediately. It does not have to be one of the five items listed.

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Use technology tools and behavior change to lead to a healthier digital life.

How-To Articles

Do Not Disturb

Use these links to activate **Do Not Disturb** on your device:

- How to turn Do Not Disturb on or off on your **iPhone**
  https://support.apple.com/en-us/105112
- Limit interruptions with Do Not Disturb on **Android**
  https://support.google.com/android/answer/9069335?hl=en
- Turn off notifications in **Windows** during certain times
  https://support.microsoft.com/en-us/windows/turn-off-notifications-in-windows-during-certain-times-81ed1b25-809b-741d-549c-7696474d15d3

Reduce Notifications

You can reduce the number of notifications you receive for individual applications by adjusting your settings.

- Change notification settings on **iPhone**
  https://support.apple.com/guide/iphone/change-notification-settings-iph7c3d96bab/ios
- Control notifications on **Android**
  https://support.google.com/android/answer/9079661?hl=en
- Change notification settings in **Windows**
  https://support.microsoft.com/en-us/windows/change-notification-settings-in-windows-8942c744-6198-fe56-4639-34320cf9444e

Reduce Desktop and App Icons

- Organize the Home Screen and App Library on your **iPhone** https://support.apple.com/en-us/108324
- How to Remove Icons from the **Android** Home Screen https://www.wikihow.com/Remove-Icons-from-the-Android-Home-Screen
- Show, hide, or resize desktop icons https://support.microsoft.com/en-us/windows/show-hide-or-resize-desktop-icons-2b9334e6-f8dc-7098-094f-7e681a87dd97
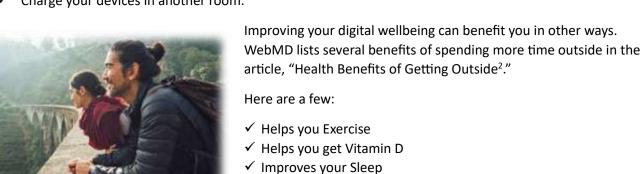
Accessing Digital Wellbeing Settings on Your Device

- Android Digital Wellbeing https://www.android.com/digital-wellbeing/
- Use Screen Time on your iPhone or iPad https://support.apple.com/en-us/108806

Benefits of Behavioral Change

In the article, "Why You Should Ditch Your Phone Before Bed[1]," the Cleveland Clinic lists reasons why you should engage in a "mini digital detox" before bed and provides these ideas to improve your bedtime routine.

- ✓ Avoid most arousing activities
- ✓ Choose activities that promote sleep
- ✓ Charge your devices in another room.

Improving your digital wellbeing can benefit you in other ways. WebMD lists several benefits of spending more time outside in the article, "Health Benefits of Getting Outside[2]."

Here are a few:

- ✓ Helps you Exercise
- ✓ Helps you get Vitamin D
- ✓ Improves your Sleep
- ✓ Improves your Focus
- ✓ Boosts Your Creativity

Always confer with your health care provider before implementing any new health or wellness routine.

Key Takeaways

✓ Each person must assess their current relationship with digital technology before making adjustments to improve or sustain digital wellbeing.
✓ Digital Wellbeing is the state of balance and harmony between our digital lives and overall health
✓ Use technology tools and behavior change to lead a healthier digital life.

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[1] https://health.clevelandclinic.org/put-the-phone-away-3-reasons-why-looking-at-it-before-bed-is-a-bad-habit

[2] https://www.webmd.com/balance/ss/slideshow-health-benefits-nature