

# Digital Wellbeing for Technologists

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*"It's not information overload. It's filter failure." – Clay Shirky*

## Digital Overload

In a 2024 survey, 80% of respondents checked their phones within 10 minutes of waking up. If you work in the tech space, ***you may be especially vulnerable***. Here's why:

- If it's broken, it's ***your*** phone that rings.
- You receive a constant barrage of warnings and alerts.
- You're the early adopter everyone turns to for advice and assistance.



## The Infinite Workday

Consider your current work situation:

- How many emails and instant messages do you receive each day?
- How long can you work before being interrupted?
- Even when you are not on call, do you ever feel like you are really off?
  - Do you miss time with family and friends, responding to emails, or work-related texts?
  - Do you feel constant pressure to respond immediately to each message you receive?

## Digital Habits

In our personal lives, we've developed routines surrounding technology.

Think about **WHEN** you use your devices and **WHERE** you take them.

Use your reflections to help you determine what steps you want to take to bring your actions in alignment with what is important to you.

Before using a digital device, **STOP** and think about **WHY** you want to use it. ***Are you bored or uncomfortable?*** Who benefits the most from your actions? Could you fulfill that need or desire another way?

*"Technology gives us power, but it does not and cannot tell us how to use that power. Thanks to technology, we can instantly communicate across the world, but it still doesn't help us know what to say." – Jonathan Sacks*

## NOTES

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# Digital Wellbeing

**Digital wellbeing** is the state of balance and harmony between our digital lives and overall health.  
***What are some easy wins or small steps you can take to prevent burnout?***

## Embrace Healthy Habits

Ask yourself:

- What are some realistic boundaries I can create to reduce my after-hours work?
- What areas of my life and living space, can I make a phone free zone?
- Am I using the built-in Digital Wellbeing settings on my mobile devices and computers?

*“The first rule of any technology used in a business is that automation applied to an efficient operation will magnify the efficiency. The second is that automation applied to an inefficient operation will magnify the inefficiency.” – Bill Gates*

## Use Tech as an Ally

Don't forget you can:

- Leverage built-in **Focus Mode** and **Digital Wellbeing** settings
- Use **Rules** and **Filters** in email and other communication apps
- Reduce home screen and desktop **icons**
- Turn off **Autoplay**



### ACTION PLAN:

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To download the full **Digital Wellbeing: A Crash Course** Webinar Companion Handout, scan the QR Code.

*“New technology is not good or evil in and of itself. It’s all about how people choose to use it.”*  
– David Wong

### REFERENCES:

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