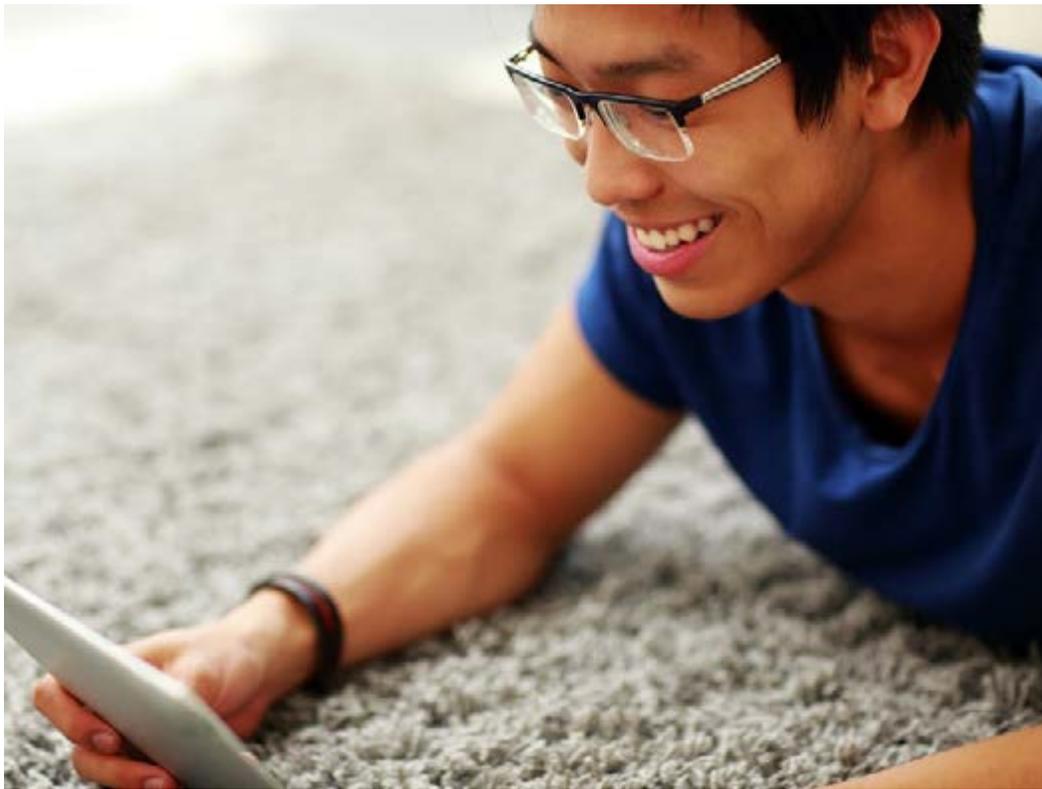


# DIGITAL WELLNESS

## TECH-LIFE BALANCE

*Digital wellness is all about balancing your online life and your real life. It includes limiting time spent on technologies that create anxiety, stress, and mood changes, while acknowledging the life-enhancing benefits.*



*Be mindful of your mood when perusing social media sites and set limits for screen time.*

### MANAGE YOUR USAGE

Use your device's features to track your screen time, determine the apps you're using the most, and establish a goal to cut back.

- Download a screen time tracking app
- Use a dimming feature to reduce bright light in the evenings
- Move social media apps from your home screen

### FIND YOUR BALANCE

Social media can have beneficial uses allowing you to connect with others and have meaningful experiences.

- It provides a platform to showcase creativity
- It connects you with others with similar hobbies and interests
- It makes long distance friendships easier to maintain

Sources:

<https://thriveglobal.com/stories/what-is-digital-wellness-why-we-should-care/>  
<https://www.health.com/mind-body/digital-wellness>

# DIGITAL WELLNESS

## GROWING UP IN A DIGITAL WORLD

*Today's children and teens are growing up in a high-tech world. And it's important to manage children's tech use to support their mental and physical health.*

**For children:** Limit screen time and encourage active play.

**For teens:** Screen time limitations can be more complicated due to social and educational needs. Instead, focus on teaching healthy habits, explaining the benefits and risks of technology.

### GUIDELINES FOR DIGITAL WELLNESS

#### Protect bedtime

- Studies show that evening screen use can interfere with sleep quality. Set a regular time for screen off and lights out.

#### Foster real-life friendships

- Help your child develop social skills and nurture real-life friendships in addition to online friendships and social connections.

#### Use your judgment

- While limiting screen-time is often a good idea, consider the context. Allowing video chats with family or research for school assignments are to the child's benefit.



Source:

<https://www.apa.org/helpcenter/digital-guidelines>

# DIGITAL WELLNESS

## TECH FOR A HEALTHIER YOU

*Use your device to improve your fitness and wellbeing.*



### **TRACK SLEEP CYCLES**

Wearable tech can help you track your sleep cycles to see if you're getting quality sleep hours. Stick to a sleep schedule and wake up at a consistent time each morning.

### **STICK TO YOUR WORKOUTS**

Quick, online workouts are a great way to maintain your fitness routine when your schedule is tight. Bodyweight workouts can be a great complement to your regular training routine.

### **COOK UP SOMETHING NEW**

Variety is a cornerstone of balanced nutrition. Use cooking apps or blogs to find new recipe inspiration, learn new cooking techniques and make grocery lists.

### **FORM A HEALTHY HABIT**

Use a Streak app to track tasks you want to complete each day. You can track multiple habits at a time, like flossing your teeth, reading for ten minutes, or meditating.

Source:

<https://www.hellomagazine.com/healthandbeauty/health-and-fitness/2019010866354/wellness-apps-to-download/>