



Digital Wellness

● Staying Healthy, Happy
and Productive in a
Digital World.



By the end of this course, you will be able to:

- Manage your levels of engagement with the digital world to achieve a healthier life balance.
- Incorporate digital tools into daily routines that will improve your digital wellness.

Reflect

What words or phrases come to mind when you think about Digital Wellness?

Instructions:

1. Go to www.menti.com
2. Enter code _____
3. Type in a word or short phrase to answer the question above.



DIGITAL WELLNESS is a positive state of mental, physical, and social-emotional health pursued through intentional, authentic, and balanced engagement with technology and interactive media.

—**Digital Wellness Lab**



Boston Children's Hospital



**HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL**

Fact

Worldwide, people spend 7 hours on average engaged with digital devices every day.

- **Brazil:** up to 9 hours a day (the most on average worldwide).
- **United States & Canada:** 7 hours on average.
- **Japan:** approximately 4 hours

Reflect

What impact might your engagement with the digital world have on your mental and physical health as well as your relationships?



Consider This Question:

What are some challenges that you experience with interacting with the digital world?

Instructions:

1. You will be placed into breakout rooms with other participants.
2. Choose a spokesperson to share out after your discussion.
3. Discuss the question above.
4. Share your thoughts with the group.

5 min.

Poll

Instructions

1. Go to www.menti.com
2. Enter code _____
3. Tap the options to rank your responses from 1 to 6
4. The examples shown are for guidance. You may use various digital resources for different reasons.

How do you spend most of your time engaged with the digital world?

Social Media (Facebook, Instagram, Twitter, TikTok, Pinterest, etc.)

Work (Microsoft Teams, Google Suite, Slack, LinkedIn, etc.)

Games (Mobile and Console Games, etc.)

Streaming Services (YouTube, Apple TV, Disney +, Max, etc.)

Education (Duolingo, LinkedIn Learning, Babble, etc.)

Other

Reflect

What impact might your engagement with the digital world have on your mental and physical health and your relationships?

What can be done to change your habits?

What are some methods for improving Digital Wellness?

1

Set Boundaries

2

Practice
Mindfulness

3

Stay Mentally
Active

4

Go Offline

5

Nurture Your
Physical Health

What can you start doing right away?

Poll

Instructions

1. Go to www.menti.com
2. Enter code _____
3. Tap the options to rank your responses from 1 to 5

What methods for improving your Digital Wellness can you start doing right away?

Set Boundaries (Scheduling, Timers, Phone/Computer Settings, etc.)

Practice Mindfulness (Meditation, Yoga, Mindful Walks, etc.)

Stay Mentally Active (Read, Puzzles, Hobbies, etc.)

Go Offline (Get Outside, Read, Listen to Music, Cook a Healthy Meal, Device-Free meals, etc.)

Nurture Your Physical Health (Exercise, Sleep, Eat Better, etc.)

Digital Tools Can Enhance Digital Wellness

Timers

Pomodoro, Phone, Watch

Digital Calendars

Google, iCal, Online

Wellness Apps

Digital Wellbeing, Action Dash

Built-In Tools

Notifications & Blockers



Take Some Time to Explore

Timers

Pomodoro, Phone, Watch

Digital Calendars

Google, iCal, Online

Wellness Apps

Digital Wellbeing, Action Dash

Built-In Tools

Notifications & Blockers



8 min.

Reflect

**What tools did you explore?
What tools do you think you can employ now or
in the near future?**

Instructions:

1. You will be placed into breakout rooms with other participants.
2. Discuss the questions above.

5 min.



You should now feel empowered to:

- Manage your levels of engagement with the digital world to achieve a healthier life balance.
- Incorporate digital tools into daily routines that will improve your digital wellness.

Q&A

What questions or comments do you have?

Digital Wellness

THANK YOU