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Beginner lessons for Digital Wellness

Master Your Digital Life for Better Well-Being

DEFINITION

> Digital wellness refers to maintaining a healthy relationship with technology. It involves balancing screen time and ensuring technology enhances, rather than detracts from, your life.

KEY CONCEPTS

Screen Time Management

Setting limits on daily screen usage helps prevent digital fatigue and promotes healthier habits.

Mindful Consumption

Being aware of the content you consume online ensures that it is positive and enriching.

Digital Detox

Taking breaks from technology allows you to recharge and reconnect with the real world.

Healthy Boundaries

Establishing boundaries for work and personal time helps maintain balance and reduce stress.

Social Media Awareness

Understanding the impact of social media on mental health can help you use it more wisely.

EXAMPLES

→ Limit social media to 30 minutes a day.

→ Take a tech-free walk every evening.

→ Unsubscribe from negative or unhelpful online content.

MEMORY TIPS

★ Think 'Less Screen, More Life' to remember to balance technology use.

★ Use the acronym 'MIND' for Mindful, Intentional, Necessary, and Digital.

★ Visualize a 'digital detox' as a refreshing spa day for your mind.

COMMON MISTAKES

✗ Ignoring screen time limits and overindulging in devices.

✗ Failing to take breaks, leading to burnout.

✗ Not reflecting on the impact of online content on mood.

QUICK RECAP

Digital wellness is about balancing technology use for a healthier lifestyle. Key strategies include managing screen time, practicing mindful consumption, and setting healthy boundaries. Remember to take breaks and reflect on your digital habits.