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Beginner lessons for Digital Wellness

Master Your Digital Life for Better Well-Being

DEFINITION

Digital wellness is the practice of maintaining a healthy balance between technology use and personal well-being. It involves being mindful of how digital devices affect our mental and physical health.

KEY CONCEPTS

Screen Time Management

Monitoring and limiting the amount of time spent on screens to reduce fatigue and stress.

Mindful Usage

Being intentional about how and when you use technology to enhance your life rather than detract from it.

Digital Detox

Taking breaks from digital devices to reconnect with the physical world and improve mental clarity.

Social Media Awareness

Understanding the impact of social media on your emotions and relationships, and using it wisely.

Healthy Boundaries

Setting limits on technology use during personal time to foster better relationships and self-care.

EXAMPLES

- Set a daily screen time limit of 2 hours.
- Take a 30-minute break from devices every 2 hours.
- Unfollow accounts that negatively impact your mood.

MEMORY TIPS

- ★ Remember 'S.M.A.R.T.' for goals: Specific, Measurable, Achievable, Relevant, Time-bound.
- ★ Use the acronym 'MIND' to recall: Mindful, Intentional, Necessary, Digital.
- ★ Think of a 'Digital Detox' as a spa day for your mind.

COMMON MISTAKES

- ✗ Ignoring signs of digital fatigue and burnout.
- ✗ Failing to set specific goals for technology use.
- ✗ Using devices right before bed, disrupting sleep.

QUICK RECAP

Digital wellness is about finding balance in technology use for better health. Key practices include managing screen time, mindful usage, and setting healthy boundaries. Remember to take breaks and assess your digital habits regularly.