



DIGITAL WELLNESS



Digital wellness is vital for mental health by promoting mindful technology use, setting screen time limits, and encouraging breaks from digital devices. It helps prevent stress, digital addiction, and sleep disturbances while fostering a balanced approach to technology for overall well-being.

SET BOUNDARIES

Establish limits on screen time and create designated periods for device-free activities. This can help reduce feelings of overwhelm and prevent constant exposure to digital stimuli.

MINDFUL TECHNOLOGY USE

Practice mindfulness when using digital devices. Being aware of your online activities and taking breaks to focus on the present moment can contribute to better mental health.

DIGITAL DETOX

Periodically disconnect from digital devices to allow for mental and emotional recharge. This could involve short breaks during the day or longer periods, such as a weekend without screens.

PRIORITIZE REAL CONNECTIONS

Foster meaningful relationships offline. While digital communication is convenient, in-person interactions can positively impact mental health.

MANAGE NOTIFICATIONS

Control the frequency and types of notifications you receive to reduce interruptions and minimize stress.

SLEEP HYGIENE

Create a technology-free zone in the bedroom to promote better sleep. Exposure to screens before bedtime can interfere with sleep patterns.

