DIGITAL WELLNESS DAY

MAY 3, 2024

DIGITAL WELLNESS DAY EDUCATOR TOOLKIT

#digitalwellnessday

2024

THE TOOLKIT

CUTTING-EDGE RESOURCES

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DIGITAL WELLNESS DAY IS POWERED THROUGH PARTNERSHIP WITH THE DIGITAL WELLNESS INSTITUTE.

MISSION + IMPACT

What is Digital Wellness Day?

Digital Wellness Day is a global movement and international holiday dedicated to mobilizing the masses. Together, we practice a pause and optimize our relationship with technology.

What is the mission of Digital Wellness Day?

The mission of Digital Wellness Day is to provide free, research-based resources to support well-being in the digital era.

When is it?
Digital Wellness Day is **Friday, May 3, 2024.**

What is 2024 Theme?
Each year has a unique theme.
The 2024 theme is Digital Balance.

Who can participate? How do I participate?

Anyone can participate by sharing resources with their communities, families, or teams.
Post or host an event on Digital Wellness Day!

Educators
*K-12 Teachers
Professors
Schools &
Universities*
Speakers
Influencers

Team Leaders
*Non-profit
Start-up
Corporate
Government*

Mental Health Practitioners
*Psychologists
Psychiatrists
Social Workers
Life Coaches*

Health Promotion Providers
*Health Coaches
Sleep Professionals
Doctors & Nurses
Holistic Health Educators*

Our evidence-based free Digital Flourishing® check-up and community organizing toolkit are the two central mobilizing factors for participants.

In its fourth year running, the Digital Wellness Day network of thousands of Workplace Ambassadors, Certified Digital Wellness Educators, and Impact Partners participate in posting educational tools and promoting their events both online and in person. Their reach and impact speaks for itself!

History of Digital Wellness Day

In 2018, Apple launched its first digital wellness tool, now known as ScreenTime. While this product was incredible and much-needed, its launch led to the overnight removal of competing apps in the App Store. Thanks to the swift and brave action of a group of influential developers, a petition was circulated to garner more than two thousand signatures which led to the successful reinstatement of these digital wellness apps.

After this incredible victory, there was a groundswell of interest in organizing the world's first trade association for digital wellness work, dubbed the Digital Wellness Collective. Out of that initiative came the explicit need for an education and training body dedicated to equipping leaders with a common definition of digital wellness and a set of research-based metrics and skills for achieving a more positive relationship with technology. In March 2020, just as the global pandemic was emerging, the Collective formally reorganized as the Digital Wellness Institute and launched its flagship Digital Wellness Educator Certificate Program.

We then came together to launch the inaugural International Digital Wellness Day on May 1, 2020, with a mission to equip individuals, organizations, and communities with research-based resources to achieve well-being in the digital era. With 83% of employees are looking to their employers for help navigating their digital lives, this powerful, annual holiday has gone viral over the past 5 years! Explore the resources below to learn how to become a powerful voice in the Digital Wellness Day movement!
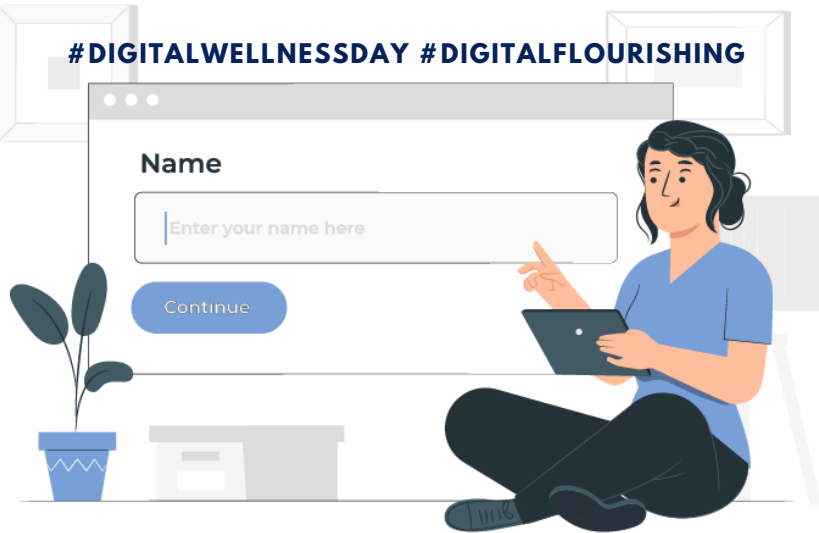
DWD IMPACT REPORT

CELEBRATED BY

10,722,083 people

In 64 countries

DIGITAL WELLNESS DAY

Engagement Guide

This guide includes prompts and materials to inspire digital flourishing within your community!

» Invite your network to take the **Digital Flourishing Survey**

» Follow @digitalwellnessday, and explore #DigitalWellnessDay to get inspiration from others' adventures!

Explore our digital wellness engagement kit

☑ **Download the Digital Wellness Ambassador Badge**

☑ **Social share graphics**

☑ **Sample Post**s

Use #DigitalWellnessDay #DigitalFlourishing so we can chime into the conversation! 📱

Register for **#DigitalWellnessDay** on **May 3th, 2024** at www.digitalwellnessday.com Get a free toolkit for year-round digital wellness. Digital Wellness Day is an opportunity optimize your relationship with technology!

Thank you for participating in Digital Wellness Day!
We believe all individuals and communities should have access to free, educational resources on digital wellness. If you found this toolkit helpful please consider forwarding or sharing digitalwellnessday.com

Nina Hersher, Chief Learning Officer

JOIN THE MOVEMENT

MTV NEWS ☑ 🎬 @MTVNEWS · May 7, 2021
For **#DigitalWellnessDay**, it's important to understand how social media directly affects our mental health, increasing social comparison as well as manipulating our feelings.

The quantification of popularity on social media is especially bad for mental health.

A 2014 study found that social metrics impacted participants' self-esteem more than the content of a post when comparing themselves.

That may be because self-esteem is tied to the feedback we receive from others, and followers, likes, and comments can seem like objective, hard data.

They also trigger the release of the feel-good hormone dopamine, which can keep us coming back and expose us to even more social comparison.

Social media can be used to undermine free will.

In 2014, Facebook researchers revealed they were secretly experimenting on users to change their emotions by altering the content of their feeds.

And it worked. People who were shown more negative posts became more negative. People who were shown more positive posts became more positive. Critics say the experiment is part of an industry-wide trend toward **neuromarketing**. No longer content with tracking and predicting consumer behaviors, tech companies increasingly want to decide your behavior for you so they can sell certainty to advertisers. For young people growing up on social media today, it raises a troubling question:

How do you have any control over the person you're becoming when corporations can engineer your behaviors, thoughts, and emotions without your awareness?

💬 1   ↻ 3   ♥ 10

Heather B @techstarteacher · May 7, 2021
Thank you Elementary for partaking in **#digitalwellnessday** and **#digitalwellnessweek**! We had over 217 memes to share laughter and happy thoughts, with over 830 reactions! Lots of reflections and Bingo submissions as well. Well done! It's not too late to contribute! **#saisrocks**

💬 2   ↻ 2   ♥ 3

Cognita Schools @CognitaSchools · May 5, 2022
As technology becomes more integral to everything we do, it can sometimes distract us from the things that matter most. On **#DigitalWellnessDay**, we want to share 3 tips on how we can improve our Digital Wellbeing, use **#EdTech** to express curiosity and stay connected. **#CognitaBeWell**

💬   ↻ 8   ♥ 21

George Heriot's @George_Heriots · May 7, 2021
Hugo was the star of the show at Senior School assembly this morning as he introduced **#DigitalWellnessDay** 🖥️

What are you doing today to rethink your relationship with technology? @Digital_GHS

Nir Eyal ☑ @nireyal · May 6, 2021
Join my webinar on "How to Become Indistractable" tomorrow as part of **#DigitalWellnessDay**

Jen Fisher @jenfish23 · May 1, 2020
Today is **#DigitalWellnessDay** & the perfect opportunity to take stock of how your digital habits affect your mental health & well-being. Check out **@dwforall** for support & resources to help you **#digitallyflourish** ✨ Find more info on taming tech for good: www2.deloitte.com/content/dam/De

Work Well Community @team_workwell · May 7, 2021
On **#DigitalWellnessDay** today, why not consider participating in this global movement & re-thinking your relationship with **#Technology**, since Ireland now has a code of practice for employee disengagement outside normal working hours. For info see **@dwforall** 😊 **#RightToDisconnect**

The British School of Barcelona @BSB_Barcelona · May 6, 2022
On **#DigitalWellnessDay** we want to share our tips to ensure children stay safe online. Using 1:1 devices and **#EdTech** to improve their digital skills is just as important as teaching the tools so they learn how to do it wisely and safely 📸 Great display at **#BSBSitges**

Common Sense Education ☑ @CommonSenseEd · May 8, 2021
In these free **#digcit** lessons, your students go beyond screen time to explore the impact their digital lives can have on their well-being and relationships while learning to balance media in their everyday lives. **#mediabalance** **#digicit** **#digitalwellnessday** comsen.se/3bd3St7

Workhuman ☑ @Workhuman · May 6, 2022
Today is **#DigitalWellnessDay**! We're challenging you to rethink when, where, why, and how you interact with technology. Here are simple tips to limit your time with tech...

Congresswoman Julia Letlow ☑ @RepJuliaLetlow · May 7, 2021
This past year has people living, working, studying, and socializing in a virtual world more than ever. Today is Digital Wellness Day, a time to empower individuals, with research-based tools and strategies to flourish in a digital age. **#DigitalWellnessDay** summit.digitalwellnessday.com

Qustodio @qustodio · May 1, 2020
#DigitalWellnessDay is as important for kids as it is for adults!

Here's why we need to be listening to our children if we want to build the best possible future for them.

Shawn Achor @shawnachor · May 1, 2020
Happy **#InternationalDigitalWellnessDay** 5.1.2020 🌍✨ 🤗 Participate in the **#global** celebration of **#digitalwellnessday** and join a **#live** **#virtualevent** at buff.ly/35p2XkR @amyblankson @DigitalWellnessDay

Ryan Jespersen ☑ @ryanjespersen · May 7, 2021
It's **#DigitalWellnessDay**, plus it's **#MentalHealthWeek**, so our **#RealTalkRoundTable** explores our own online habits (and our relationships with our screens).

The Social Dilemma @SocialDilemma_ · May 7, 2021
Happy **#DigitalWellnessDay**! Today is a good day to realign your relationship with technology. Learn more and join at summit.digitalwellnessday.com.

VERO ☑ @verotruesocial · May 7, 2021
With no algorithm to "game" so your followers see your content, post when you're feeling inspired on VERO - without the fear of being penalized!

Happy **#DigitalWellnessDay** 😊

AMBASSADOR OVERVIEW

What is involved in being an ambassador?

As a Digital Wellness Day Organizer and Ambassador, you are granted access to the most up-to-date research and resources on digital wellness, as well as the recipe for a successful celebration.

Ambassadors commit to posting on digital wellness day OR holding a virtual or in-person event and providing their communities with details to receive their free, digital wellness check-up.

Who is eligible to organize an event?

» **Educators and Schools** (entire universities, schools, clubs within a school, sports teams, teachers, etc)
» **Teams at corporations, nonprofits, and start-ups** (led by employees and/or their executive teams)
» **Faith-Based Communities** (churches, mosques, synagogues, etc.)
» **Wellness and Health Centers** (hospitals, doctors' offices, relief services, etc.)
» **Government-based groups and Countries** (Leaders and educational departments)

INTERNATIONAL DIGITAL WELLNESS AMBASSADORS

ORGANIZE
YOUR DWD EVENT

This overview is a 101 on becoming a Digital Wellness Day Ambassador

COLLABORATE
with your network and community to find event co-hosts and guest speakers.

EVALUATE
your audience's needs based on the digital flourishing wheel and survey. What digital wellness topic will you feature?

LOCATE
the optimal time and virtual space to host your event. A few options include Zoom, Facebook Live, and Instagram Live. Or, host a more intimate event like a Living Room Conversation.

EDUCATE
yourself about your event topic and utilize our toolkit for inspiration.

BUILD
your virtual event plan and create an agenda to share with attendees.

RECRUIT
your audience with an invitation, post, or newsletter. Be sure to start early so folks can add it to their calendars and look forward to your event!

ACTIVATE
your superpowers and hold your DWD event!

TRACK
attendee questions and feedback. What did people enjoy, realize, and want more of? Virtual options for analyzing engagement include recording your webinar and sending out a short feedback survey post-event.

EMPOWER
your community with follow-up support to sustain digital wellness all year round. Please see our social toolkit, designed to share with your network!

WHAT IS DIGITAL WELLNESS?

Digital Wellness is defined as the optimum state of health, personal fulfillment, and social satisfaction that each individual using technology is capable of achieving. Digital Wellness is a way of life, while using technology, that promotes optimal health and well-being in which body, mind, and spirit are integrated by the individual to live more fully within the human, natural, and digital communities.

WHAT IS DIGITAL FLOURISHING®?

Digital Flourishing® is the unique approach of The Digital Wellness Institute. It refers to a mindful approach to digital technology usage that supports our thriving in different areas of life. This approach empowers us to take advantage of the benefits of technology while avoiding associated harms.

A GLOBAL SHIFT

REMOTE + HYBRID WORK AND DIGITAL WELLNESS

People across the country are facing new challenges -- communicating in real-time with a remote and hybrid workforce, driving productivity while balancing health concerns, and leading employees and communities who are facing unprecedented levels of burnout, stress, and anxiety.

The shift to remote work has accelerated interest in optimizing digital habits. In fact, 83% of employees are looking to their employer to help them find better balance.

People need help solving these issues now, and the Digital Wellness Day and Digital Wellness Institute teams are here to help. – offering a variety of free resources and paid trainings to equip diverse audiences with research-based tools and strategies to teach, lead, and achieve greater wellness in the digital era.

ASSESSING DIGITAL FLOURISHING®

We know that Digital Wellness shows up differently for each person. To that end, we've created a map of Digital Wellness Concepts called the Digital Flourishing® Wheel. The Flourishing Wheel is an eight-spoke wheel that addresses the eight elements needed for flourishing in the digital age. They are: productivity, environment, communication, relationships, mental health, physical health, tech-enabled health, and digital citizenship.

Each is broken down into subcategories for deeper reflection.

Digital Flourishing® Wheel

Digital Citizenship
- Privacy & Security
- Digital Identity & Footprint
- Civil & Mindful Interaction
- Digital Activism
- Conscious Content Consumption

Productivity
- Enhancing Focus
- Managing Distractions
- Tech Literacy & Navigating Technology With Ease
- Work-Life Balance

Environment
- Digital Clutter
- Optimizing Physical Workspaces
- Ergonomic Office Design
- Blue Light Filters
- Digital Minimalism

Tech-Enabled Health
- Digital Fitness Gamification
- Virtual Accountability Partners Biohacking
- Health Status Alerts
- Tech-Enabled Health With Wearables

Communication
- Positive Social Comparison
- Digital Culture at Work
- Team Communication Charters
- Tech-Life Balance & Boundaries
- Socially Responsible Correspondence

Physical Health
- Sleep Health
- Breaks & Movement
- Tech Hygiene
- Eye Health
- Texting & Driving
- EMF Awareness

Mental Health
- Intentional vs. Passive Use
- Self Expression & Creativity
- Positive Emotion + Inspiration
- Meaning & Purpose
- Self-Care + Breaks

Relationships
- Social Support
- Sense of Connection
- Introspection
- Meaningful Interactions
- Sense of Community

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DIGITAL FLOURISHING®

In these unprecedented times coming out of the COVID-19 pandemic, we rely on our digital devices more than ever to connect.
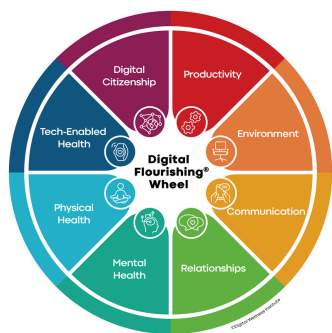
We use our devices to find new ways to engage in our daily activities like work, schoolwork, shopping, leisure, and entertainment.

Now is a great opportunity to pause and reflect.

Are you getting the most out of your digital devices?
Do you feel like you are flourishing in your digital life?

Click for your free, digital wellness checkup!

Visit digitalflourishing.com

Results by Category:

- Mental Health: Keep working on it (9/25)
- Physical Health: Pretty good (21/25)
- Productivity: You're on your way (15/25)
- Relationships: Keep working on it (12/25)
- Well-Being: Keep working on it (12/25)
- Digital Citizenship: Pretty good (18/25)

Your Digital Flourishing Summary

Receive a score in each category with actionable tips

DIGITAL FLOURISHING® SURVEY

Background

It is well known that our relationships to exercise, sleep, nutrition, and people are key to living a healthy and happy life. However, in today's world, we cannot overlook the importance of our relationships with digital devices. However, what does it mean to live well and have a healthy relationship with these technologies with which we spend so much time?

The Digital Flourishing Assessment was created to find out exactly that.

The survey is based on the newest scientific findings on what type of phone/screen and social media use leads to the best outcomes for our mental, physical health, and well-being. We introduce eight categories that have been scientifically explored in the context of digital well-being and assess your skill level on each component.

What do I get at the end of the survey?

At the end of the survey, you will receive a score for each category that indicates your state of digital flourishing®. Depending on our scoring we will suggest some free tools for you to increase your digital flourishing® in specific domains. Overall, the higher your score in digital flourishing®, the more likely you will be leading a healthy, happy, and meaningful life.

Scientific Validation

This survey has undergone rigorous scientific scrutiny and will continue to be tested by leading researchers in the field.

Tool Utility

All respondents will have the option to receive a complex score via email, making it easy to share with others!

The flourishing tool is perfect for:

» Mental health practitioners: Mental health practitioners may use this as part of their intake process and request that clients forward their results.

» HR and Team Leaders: Seeking to promote digital flourishing and improve workplace culture.

» Educators: Looking to illuminate how students can improve their digital consumption and habits.

Please CLICK THIS LINK to take the survey and get your free, digital wellness check-up.

Share the tool with your network: digitalflourishing.com

Tips for Digital Flourishing®

OVERVIEW

Digital Wellness has emerged as a new concept reflecting the increasing need for more balance in how digital technologies are integrated into every aspect of human life. Digital Wellness is the optimum state of health, personal fulfillment, and interpersonal satisfaction that each individual using technology is capable of achieving.

Digital Wellness incorporates strategies and solutions to achieve a state of digital well-being. It reflects a way of life that integrates technology into our lives in a manner that allows us to live more fully in our social, natural, and digital environments.

Digital Wellness looks like:

- Finding focus and flow in work
- Living in harmony with both our physical and digital environments
- Connecting in meaningful ways with others
- Enjoying strong relationships online and offline
- Building healthy physical and digital practices
- Embracing mindfulness and self-care through intentional technology use
- Understanding how to manage our digital data and privacy
- Contributing to a positive digital community in our networks

Rather than abstaining from technology, many in the digital wellness community, including those at the Digital Wellness Institute, advocate for striving for a better tech-life balance.

This involves:

- Reflecting upon how, when, where, and how often we use our digital technologies.
- Examining what we pay attention to and the quality of that attention when we do.
- Aligning how we use our digital technologies with our values and motivations.

Taking an intentional approach to digital technology allows us to exercise greater control over our usage.

PRODUCTIVITY

High digital flourishing in the domain of productivity is reflected in high levels of focus, low levels of interruptions, multitasking, and work-life balance.

Characteristics of Optimal Use

Periods of distraction-free focused work

Preventing online procrastination

Focusing on one task at a time

Work-life balance (downtime outside of work)

Practice Tech Hygiene

» Define what will be your "off work" time and communicate this clearly to co-workers and family members
  ◦ (e.g., no work communication after a certain time in the day or week, specific locations where you will not engage in work-related tasks, etc.)
» Set aside screen-free places in your office or home
» Substitute screen-based activities for group activities
  ◦ (e.g. playing a board game as a family, keeping phones outside of sight.)

Manage Distraction

» Turn off any notification alerts that are not essential (including email, if your job permits)
» Set your phone to grayscale
» Turn off pop-up alerts on your computer
» Keep your phone out of sight when you are working to reduce distraction
» Set special break times to check news/sports feeds during the day to prevent distraction while working

PRODUCTIVITY

Enhance Your Focus

» Block off your calendar for periods of focused work so no meetings can be scheduled during your productive time
» Start your workday with a 90-minute interval of uninterrupted work on a project you need to complete
» Download a tool (e.g. Freedom.io) that helps you stay focused on one task at a time without becoming distracted
» Check your email at set time intervals during the day (i.e., late morning, after lunch, late afternoon)
» Close your email browser tab while you are working on a task

Fuel Your Productivity Tank

» Set aside your phone until after you've engaged in an energizing morning practice
  ○ (whatever that means to you, i.e., working out, yoga, meditation, mindful coffee drinking)
» Work away on your to-do list BEFORE checking your email
» Direct your attention to one task at a time
» Set small goals to accomplish throughout the day that you physically check off your to-do list
  ○ (either online or on paper)
» Have a physical planner/to-do list, to avoid distractions from the phone
» Take more breaks, give yourself credit for the work you have accomplished
» Go to bed at a reasonable time and stop screen use at least 30 minutes beforehand

ENVIRONMENT

High digital flourishing in the domain of environment is reflected in living in harmony with our physical and digital environment.

Characteristics Of Optimal Use

Spaces optimized for distraction-free work

Use of digital boundaries

A practice of Digital Feng Shui (balance between over-digitization and digital minimalism)

Rearrange Your Home Office

» Separate your "home office" from your "private" areas of your home by using clear indicators such as dividers, closed doors, carpets, or blankets to create your "invisible fence"

» Declutter your work area to create a flow-conducive work environment

» Even at the home office wear business casual attire to signal your brain that it is time to work

Strive For Online/Offline Balance

» Unplug once a week for a certain amount of time (10 min, 1 hour, 1 day?)

» Arrange and communicate to your work and private community when you will be "off work" by using email notifications, setting your phone to "do not disturb" or leaving your phone at your "desk" before engaging in "private" engagements

Embrace Digital Minimalism

» Set aside some time to reflect on your values and adjust your digital habits accordingly

» Shift from FOMO to JOMO (Joy Of Missing Out) by intentionally selecting when to engage online and when to step away from your screen

» Apply the "Really!?" rule and ask yourself if you "Really!?" need to check your phone every so often or if you "Really!?" need the newest gadget

» Check your screentime for a week and assess if you want to change anything

» Engage online intentionally instead of on autopilot

COMMUNICATION

High digital flourishing in the domain of communications is reflected in behaviors that support a tech-life balance and work-life balance by setting boundaries in the online work environment and allowing the self a right to disconnect and adapt digital communication styles.

Characteristics Of Optimal Use

Transparent digital work culture
Established boundaries of availability

Structured tech-free breaks
Honest and personal relationship building

Improve Team Communication

» Establish and collaborate on a communication charter with your work team to document expected working hours and preferred communication channels

» Set clear remote communication expectations and limit screen fatigue by making it known when cameras should be on or off in virtual conversations

» Foster quality relationships with coworkers and create a comfortable work environment by encouraging vulnerability. Try starting meetings with group well-being check-in

» Practice connecting and bonding with colleagues outside of work with a team lunch or happy hour

Set Tech-Life Boundaries

» Set phone-free breaks and mark your calendar accordingly, or take short screen breaks ideally every two hours

» Create auto-email responses during your disconnected time letting your colleagues know that you are unavailable and when you will be back online

» Turn off notifications at night after clocking out and on the weekends

Minimize Zoom Fatigue

» Turn on "speaker view" settings in video conferences to focus on one speaker at a time, giving them your full eye contact like you would in a person-to-person conversation

» Turn off self-view to limit the temptation to focus on your own video and optimize paying attention to others

» Wear blue-light glasses to negate the physical toll on your eyes from harmful blue light emitted from screens

» Mix up the mediums used for virtual communication to reduce strain on your eyes. Walking calls in nature and no-camera conferences can reduce the toll on your eyes from heavy screen time

» Practice alternative ways to express your nonverbals in online meetings by using emojis, short comments in the chat, and increased head nodding

RELATIONSHIPS

High digital flourishing in the domain of relationships is reflected in uninterrupted offline connections and high online social support.

Characteristics Of Optimal Use

Giving others full attention when engaging with them face-to-face

Having a strong sense of community and social support online

Engaging in positive social interactions online that link to strong ties

Sharing meaningful reflective content

Prioritize Meaningful Interaction

» Avoid using your phone while you are interacting with someone (called phubbing)

» Engage in meaningful interactions online, focusing on "strong ties" or people that you may know in multiple domains in your life (ie. both online and offline)

» Practice being authentic and positive in your interactions with co-workers/friends online

» Start a family gratitude practice. Each day, as a family, find 3 things you are grateful for and share them with each other. You can share this via text, in person, or on a running list, you post somewhere

Contribute To Community

» Join an online community (e.g. Meetup) to coordinate offline interactions

» Unsubscribe and unfollow communities that are not adding to your quality of life

» Be aware of filter bubbles by only connecting with like-minded people; instead, join communities with diverse backgrounds and different viewpoints than yours

Invest In Social Support

» Join an online and/or offline group to foster community connection

» Schedule a weekly lunch date with a colleague or friend

» Organize a happy hour with co-workers and/or friends

» Call or send a text message to a friend to check in on them or let them know you are thinking about them

Take Time To Be Introspective

» Journal for two minutes a day about a meaningful moment in the last 24 hours.
   ◦ What happened and why was it so meaningful to you?

» Use a journaling app like "DayOne" to capture and savor memories through photos, gratitudes, or bullet points

MENTAL HEALTH

High digital flourishing in the domain of mental health is reflected in behaviors that indicate a controlled and intentional use of digital devices, applications, and social media that is devoid of negative online social comparison, fear of missing out, and using technology to escape from reality.

Characteristics Of Optimal Use

Sense of intention and control

Active rather than passive use

Engage in Positive Social Comparison

Embrace Self-Care

Use Technology With Intention

» Write down intentions for why/how you want to be online and post them by your desk

» Start an uplifting conversation. Set a goal to send a few intentional posts or messages to friends or family

» Impose a natural stopping cue in your social media/news/video scrolling habits (e.g. only read/watch the first 10 stories). You can repeat this multiple times daily, stopping after your self-imposed limit

» Comment on a photo you found inspiring or captivating to uplift others online

Consume Content Consciously

» Set a limit on how often you will check email or social media each day/week and for how long (i.e., 30 min. total)

» Use a time-tracking and/or time-blocking app (i.e., Clockify, Toggl, Realizd, Momentum)

» Hide your phone when focusing so that you can devote your full attention to a task

» Challenge yourself, or your friends/family to stay below a certain time limit online

» Keep work-related tech use during work hours

Engage In Positive Social Comparison

» Unfollow profiles that cause angst and replace them with profiles that encourage or inspire you

» Invest in others by sharing words of encouragement, gratitude, positive messages, or funny stories

» Post content that makes you feel good about yourself and with the intent of posting for you and not for others

» Keep in mind that what you see online is not a representation of a person's actual day-to-day life (use of filters, photo editing, only sharing the positive times)

Embrace Self-Care

» Step away from screens for a bit: take a short walk, try dancing, or movement, or try taking a few deep belly breaths

» Write down three things you are grateful for or send a message to someone expressing your gratitude for them

» Try some manual labor (fold laundry, wash dishes, or complete a task you have been putting off)

» Try to make more phone calls rather than communicating through text or social media

» Help your mind relax by setting a time to put the phone away for the night before you sleep

PHYSICAL HEALTH

High digital flourishing in the domain of physical health is reflected in behaviors that indicate a high body awareness related to technology use including ergonomics, eye health, sleep health, and recovery.

Characteristics Of Optimal Use

Attentiveness to posture

Frequent breaks

Good sleep "hygiene"

Build Body Awareness

Practice Good Ergonomics

» Hold your phone at eye level while reading and consider elevating your computer to eye level with a book, or shelf

» Consider a tool (e.g., Lumolift) that helps you practice sitting upright at work to reduce back strain

» Alternate between sitting and standing at your desk throughout the day

» Take a short break, stretch, or walk every 90 minutes

Utilize Breaks & Movement

» Work in set-time intervals (i.e., 90 minutes). Take a break away from your workspace after each interval (without your phone) and walk or stretch

» Commit to a tech-free lunch (and for a bonus, have lunch with a colleague or friend!)

Give Your Eyes A Rest

» Take a blinking break. Try the 20-20-20 Rule: for every 20 minutes spent looking at a screen, look at something 20 feet away for a full 20 seconds

» Wear blue-light filtering glasses when working on a screen in the evening or use an app like f.lux to adjust screen settings relative to room lighting
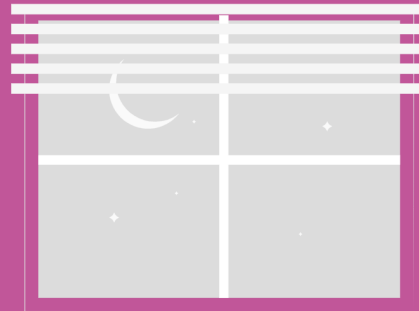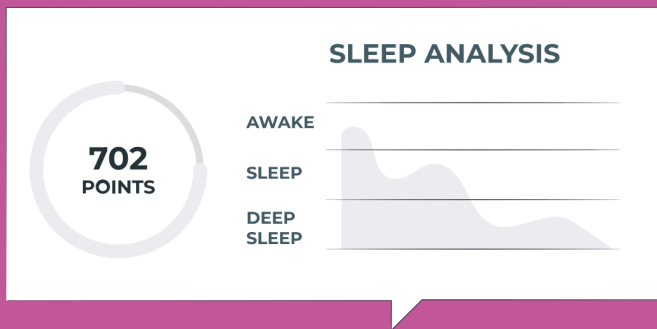
Invest In Sleep Health

» Stop using your phone at least 30 minutes before bedtime

» Create a device charging station in your kitchen to eliminate the temptation to check your phone in the AM or PM

» Get an "old school" alarm clock (for example LOFTIE) instead

» Start a short, positive morning routine that does not include your phone for the first 5-10 minutes you are awake (i.e., journaling, meditating, outside walk)

Build Body Awareness

» Pay attention to your body's clues (Are you cold/hot? Do you have a headache?)

» Notice how different apps impact your body (i.e., posture, sensations) and make adjustments when you become aware of uncomfortable sensations

TECH-ENABLED HEALTH

High digital flourishing in the domain of tech-enabled health is reflected in using technology to measure various personal biomarkers and behaviors and build a personal understanding of one's health data and optimize health with behavior change from learned health data.

Characteristics Of Optimal Use

Use of mobile and wireless tech to support the achievement of health objectives

Interacting with technology to bring about behavior and/or attitude change

Studying oneself and the world around them by studying digital data
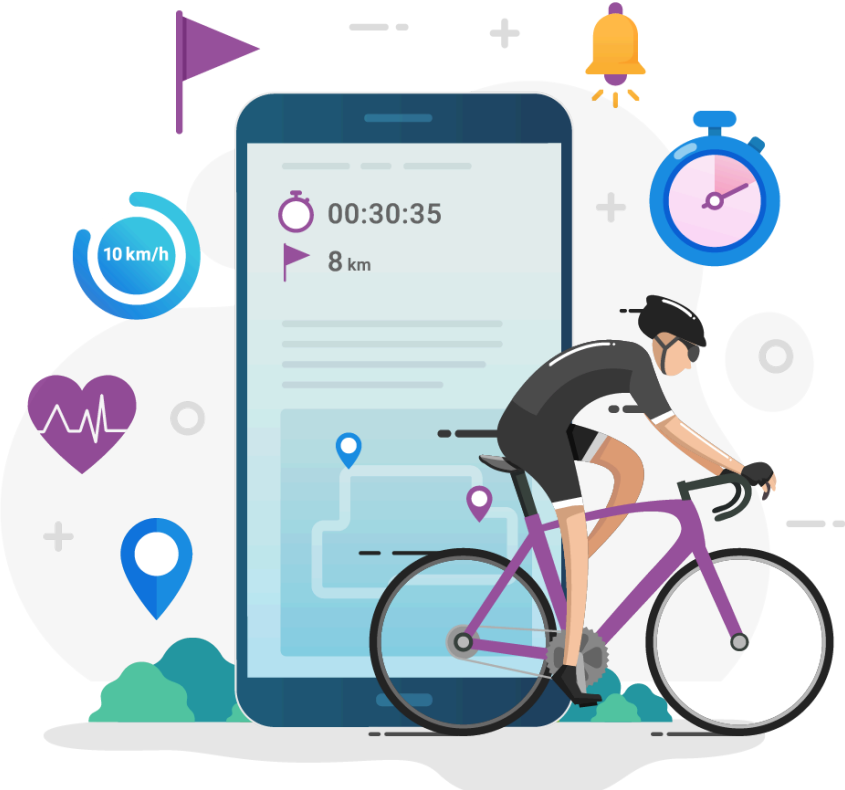
Biohack Your Health

» Create your own health experiment. Use health tracking apps to understand your baseline health and implement quantitative changes over time as you incorporate changes in your routine.

» Use smart machines that log and track your individual workout stats so you can make progressive adjustments to each workout session

» Research state-of-the-art fitness and wellness centers near you that deliver "smarter-not-harder" ways of attaining optimal fitness
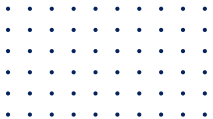
Gamify Your Health

» Connect with fitness-enthusiast friends through an app (like Strava) to build support and accountability

» Set goals and reminders (both online and offline) to help you stick with your plan

» Post a calendar workout challenge on social media that you can share with friends and keep accountable

» Make use of fitness leaderboards with a machine like Peloton or a tracker like Fitbit to encourage self-improvement

Get Strategic With Wearables

» Focus on one area of your health to track or receive notifications to decrease information overload with an applicable wearable

» Track your patterns of heart rate, steps, and daily health measures to become more mindful of your physical health

» Invest in a wearable that will nudge you in the right direction until you make a change (ex: Upright GO will vibrate until you modify your posture)

Set Health Status Alerts

» Use a sleep app or wearable that logs your sleep hours and wake patterns

» Set up movement alerts on a smartwatch or phone to let you know when you have been sedentary for a long period

» Compile your wearable data into weekly reports so you can analyze weekly health status

DIGITAL CITIZENSHIP

High digital flourishing in the domain of digital citizenship includes high skills in online communication etiquette, privacy, and information/news literacy.

Characteristics Of Optimal Use

Reflecting before posting online to make sure that content is appropriate to share

Awareness of how to prevent online dangers (e.g., privacy settings)

Taking a critical view of information posted online (e.g., asking what is the source, what is the intention of the poster, etc.)

Actively contributing to a positive digital culture in my community

Civil And Mindful Interaction

» Pause before posting to ask yourself "Would I say this out loud to the person in their face? Would I share this out loud in a football stadium full of strangers? Do I want this information to be permanent and public?"

» Understand that we all have the same human needs we seek to satisfy, we just use different strategies to do so

» Notice if you are feeling highly emotional when you respond to someone online. If so, wait a couple of hours or a day before sending the message to respond from a place of calm

Secure Your Privacy & Safety

» Check the privacy settings on your phone, your computer browsers, and/or your gaming devices

» Remove any emails or texts where you may have stored old passwords

» Use a secure password keeper/generator like 1Password or Dashlane

Digital Identity & Footprint

» Do a Google "selfie" to see what information about yourself is publicly available

» Remove private online information that you don't wish to share (check whitepages.com to see what's publicly listed)

Informed Posting

» Always re-read your post in full before sharing

» Double-check the credibility of each source of news you come across online

» Consider what the intentions are behind certain posts online

» Only re-share content you have read in full (not only the headline)

DIGITAL WELLNESS GLOSSARY

Decision Fatigue

The finding that your willpower and ability to make good choices deteriorate in quality after an extended period of decision-making.

Dopamine

One of the brain's neurotransmitters— a chemical that ferries information between neurons. Dopamine helps regulate movement, attention, learning, and emotional responses. It also enables us not only to see rewards but to take action to move toward them.

Emotional Regulation

Also known as self-regulation, it is the ability to notice our emotions, correctly identify them and use strategies to work through them in ways that lead to mental health and well-being.

Feedback Loop

A response to something you do or post online that causes your brain to experience a temporary moment of pleasure.

DIGITAL WELLNESS GLOSSARY

FOMO

An acronym for the "Fear of Missing Out," describes an emotional response to a lack of being connected with the latest activities or information.

Humane design

Features or aspects of a device or app that are ethically designed to prioritize user well-being.

Instant Gratification

The desire to experience immediate pleasure without any delay, and the inability to self-regulate and cope with unpleasant states to delay pleasure or reward.

Media Balance

Using media in a way that feels healthy and in balance with other life activities.

Mindful Technology Use

Using personal devices, apps, services, and online platforms in an informed way, with purpose and personal agency.

Multitasking

The erroneous belief that we are productively engaging in more than one task at a time. The more accurate term for it is "task-switching," because research shows this is what our brain is actually doing.

IMPACT PARTNERS

WITH THE SUPPORT OF AMAZING IMPACT PARTNERS, GLOBAL DIGITAL WELLNESS DAY SERVES AS A CATALYST FOR ENHANCING PEOPLE'S DIGITAL LIVES, OFFERING A BLEND OF SCIENTIFICALLY-BACKED TOOLS AND INNOVATIVE SOLUTIONS.

PLEASE EXPLORE THE FEATURED RESOURCES BELOW!

TIPS FOR
DIGITAL REST

1. ESTABLISH A TECHNOLOGY-FREE "MORNING RITUAL" AND GRADUALLY WAKE UP AND CONNECT WITH YOURSELF.
Exercise, do yoga, meditate, take a shower, and eat breakfast before you check your phone or email. Regulate your nervous system for the day ahead.

2. SCHEDULE TIME IN YOUR DAY TO SWITCH OFF YOUR DEVICES AND CONNECT WITH THE REAL WORLD.
Take walks in nature without your devices to focus on the sensory experience of the natural world and to support your circadian rhythms.

3. WEAR A WRISTWATCH.
This helps replace the urge and need to check your phone for the time.

4. DISABLE ALL PUSH NOTIFICATIONS.
Turn off alerts from Facebook, Twitter and email which can interrupt your day, deadlines. and focus. Instead, choose times of day to check your messages with intention.

5. GIVE YOUR EYES, WRIST AND FINGERS A REST.
Use a pen and paper instead of typing. Manual writing can give you a sense of creativity, as well as mental and physical freedom.

6. GO DEVICE-FREE AT MEALS AND SET MEAL TIMES.
Support healthy digestion and use unpluggedd time to connect with family, friends, and yourself.

7. SWITCH OFF WI-FI AND ROUTERS AT NIGHT.
Combat the urge to check your devices at night which can negatively impact sleep.

8. STOP USING ELECTRONICS ONE HOUR BEFORE BED BY CREATING A "BEDTIME RITUAL."
This may include: taking a bath or a shower with relaxing essential oils, having a cup of warm camomile tea, or doing a short, five-to-ten-minute breathing and meditation exercise.

9. REMOVE COMPUTERS AND OTHER DIGITAL DEVICES FROM YOUR BEDROOM.
Artificial light increases your alertness and can suppress sleep hormones. Leave your phone out of the bedroom at night.

10. WELCOME QUIET TIME.
Don't fill every empty space with technology. Savour the stillness.

MANDARIN ORIENTAL
THE HOTEL GROUP

TIPS FOR
HUMAN CONNECTION

Daily Haloha

1. BRING THE BEST OF IN-PERSON ONLINE
Face-to-face connection is irreplaceable, yet intentional actions nurture bonds from afar. Emulate coffee shop meetups online—anticipate joyfully, have balanced conversations, allow for pauses, and smile often.

2. BE INTENTIONAL WHEN SCROLLING
Social media gives us the opportunity for almost constant "connection" but can also leave us feeling somewhat empty, even left out, or lesser than. Be intentional and present when on social media, limit your time spent, and interact with people you truly care about.

3. CHOOSE THE RIGHT PLATFORM FOR THE OCCASION
There are many ways to communicate online from texting, to social media, to audio or video calls, to email and others. Choose the right way to communicate for the occasion depending on the nature of the relationship and the depth of the communication. Don't be afraid to mix it up!

4. BE FOCUSED AND PRESENT IN YOUR INTERACTIONS
We're so used to multitasking that sometimes we're not even aware of it! Give your online or voice conversation the same presence you would if you were in person. Put away distractions and give the gift of your attention. Also send that text, email, or post thoughtfully and with intention.

5. HIGHLIGHT HUMANITY IN UNKIND SPACES
The internet and social media can reward the loudest voices and disagreement. And it can be easy to forget there are real humans on the other side of screens. Be kind and generous even when others aren't. Be curious when others are being judgmental. The golden rule is just as important online.

6. BALANCE PLANNING WITH SERENDIPITY
In our tightly scheduled modern world sometimes we need to plan ahead to connect with a friend, in person or even online. It's also wonderful to take a chance and reach out if only to say "I'm thinking of you" and perhaps find yourself in an unexpected and delightful chat.

7. THE JOY OF RE-CONNECTION
Over time we may drift apart or lose touch with people who are important to us, and not know where the relationship stands. Reaching out online can be the perfect way to reconnect and rekindle a frayed relationship. People are generally much happier to hear from us than we imagine.

8. FOCUS ON AUTHENTICITY-BASED CONNECTION
Real connection and belonging is based on being known and embraced for who we truly are. If we show up online as our true selves, we give ourselves the opportunity to be seen and show others that they are too.

9. COMMUNITY BELONGING
Gathering with others with whom we share a meaningful passion or identity can deepen our sense of belonging. Online gatherings where shared values are celebrated and everyone feels included and has an opportunity to contribute, can strengthen community bonds.

10. MICRO-MOMENTS OF CONNECTION
Staying in touch can be hard but technology can make it easier. Relationships are built over time, and small regular interactions can help. Sending a GIF or photo, forwarding an article, sending a voice note just to say "hey!" can all brighten someone's day and reinforce your connection.

TOP 10 TIPS *for a*
DIGITALLY-WELL CAMPUS

1. HAVE A VISION: IMAGINE YOUR DIGITALLY-WELL CAMPUS

Start with why. Ask: why do we want to build a digitally well community? What are the needs on campus? Where are the opportunities?

2. APPOINT A DIGITAL WELLNESS CHAMPION ON CAMPUS AND/OR A DIRECTOR OF DIGITAL WELLNESS

Establish a point person. Answer: who will drive the digital well-being conversation on campus and build stakeholder support? We have the resources to help you begin.

3. OFFER DIGITAL WELLNESS EDUCATION TO STUDENTS

Get started with the 4-week JOMO(campus) digital well-being challenge to jump-start digital wellness education and action on campus.

4. MEASURE DIGITAL FLOURISHING® OF STUDENTS

If you can not measure it, you can not improve it. Use DWI's Digital Flourishing Survey to get a pulse on your students, faculty, and staff well-being.

5. INTEGRATE DIGITAL WELLNESS AWARENESS INTO THE CLASSROOM & PROMOTE IT THROUGHOUT THE CAMPUS ENVIRONMENT

The stats are in. Students who can see the screen of a multitasker's laptop (but were not multitasking themselves) score up to 17 percent lower on comprehension than those who had no distracting view. Paying attention pays off. Stay on topic. Everyone wins.

6. DEVELOP POSITIVE DIGITAL PRACTICES FOR FACULTY

Everyone should have the right to disconnect. Empower your teachers to set digital boundaries on day one and maintain them throughout the year.

7. FOCUS ON JOY (VS. SHAME)

Most people feel embarrassed by how much time they waste online. Bypass the shame cycle and focus on joy. The truth is the easiest way to get off tech is to find something better to do and lean into it.

8. REMEMBER: WILLPOWER IS A LIMITED RESOURCE

Self-control is a finite resource. It gets consumed and has to be refilled. Focus on social commitments and environmental changes as the pathways to sustained change.

9. FOCUS ON ENVIRONMENTAL CHANGES

Making changes to your environment makes it easier to do what's right without having to think about staying motivated. That's why products like the JOMO(box) and strategies like turning off smartphone notifications are so effective. If you set up your digital and physical surroundings so that making the best decisions comes easily, then you can set yourself up to practice better habits.

10. SERVE ON THE COALITION FOR COLLEGIATE DIGITAL WELL-BEING

Click to learn more.

FLOURISH IN A DIGITAL AGE

Share #digitalflourishing tips on #digitalwellnessday with your community, family, and workplace
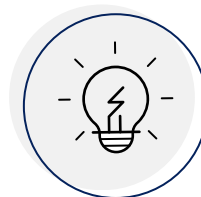
DOWNLOAD THE WORKPLACE TOOLKIT

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