

DIGITAL WELLBEING TIPS

Did you know?

Digital wellbeing is relatively new and very poorly researched.

In 2019...

1 in 3

AMERICANS IMPROVED
THEIR DIGITAL
WELLBEING

80%

WERE HAPPY WITH
THOSE IMPROVEMENTS
AND NEW HABITS

0.4%

WELL RESEARCHED
IMPACT OF DIGITAL
ON TEEN WELLBEING

1

INTENT

Practice positive intent to your digital wellbeing, question your negative bias and assumptions

2

REFLECTION

List negative but also positive impact of digital technologies on your health and wellbeing

3

QUESTIONING

Reflect on other sources of poor health and wellbeing - list economic, social and other factors

4

CHOICES

List choices you can make in relation to your use of digital tech to improve your wellbeing?

5

AGENCY

If good digital wellbeing was possible, how would your life look like with technology right now?

"We always have concerns about new technology as a society and that's completely natural, and therefore we need to respect that people are concerned. But we're at a stage where, although there's very little evidence, these concerns are driving policy change and political debate.

There's still so little high-quality data about what we as a society and our children are actually doing with technology, across the wide range of technologies we use on a daily basis. You just have to Google smartphone addiction and you'd be convinced that it is a thing, even though it is not a psychiatrically recognised disorder. To talk about smartphones affecting the brain is a really slippery slope because there haven't been a lot of brain-specific studies done.

There is a widespread belief that smartphones cause a dopamine kick and dopamine kicks lead to addiction. Well, anything I do that is pleasurable will give me a dopamine kick, because it's a signal for pleasure. I could be talking to my friends or eating a pizza. So even if smartphones do that, it's circular reasoning."

Source: <https://www.theguardian.com/technology/2020/feb/01/amy-orben-psychology-smartphones-affecting-brain-social-media-teenagers-mental-health>

On the top:

<https://www.thinkwithgoogle.com/consumer-insights/consumer-trends/american-digital-wellbeing-statistics/>
<https://www.nature.com/articles/d41586-019-00137-6>