



Wellness Coaching

DIGITAL WELL-BEING



Recreation & Wellness



Finding the right balance with technology is an unique journey. As technology becomes more engrained in every aspect of our lives, having a healthy relationship with technology is crucial. We should feel that technology improves our lives and does not distract us from what is important. Finding your personal sense of digital well-being is an important step in living a self-directed life.

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Your Relationship with Tech

01 *Tech Relationship Assessment*

Answer the following questions using the below scale:

1= Never; 2= Rarely; 3=Sometimes; 4=Often

QUESTION

ANSWER

I have a strong urge to check my phone when I get a notification

I will delay sleep because I am on my phone

I can be distracted by my phone when spending time with others

I spend more time on social media than expected

I often find myself doing more tasks than intended when using technology

I feel like I am missing something important if I don't check my phone

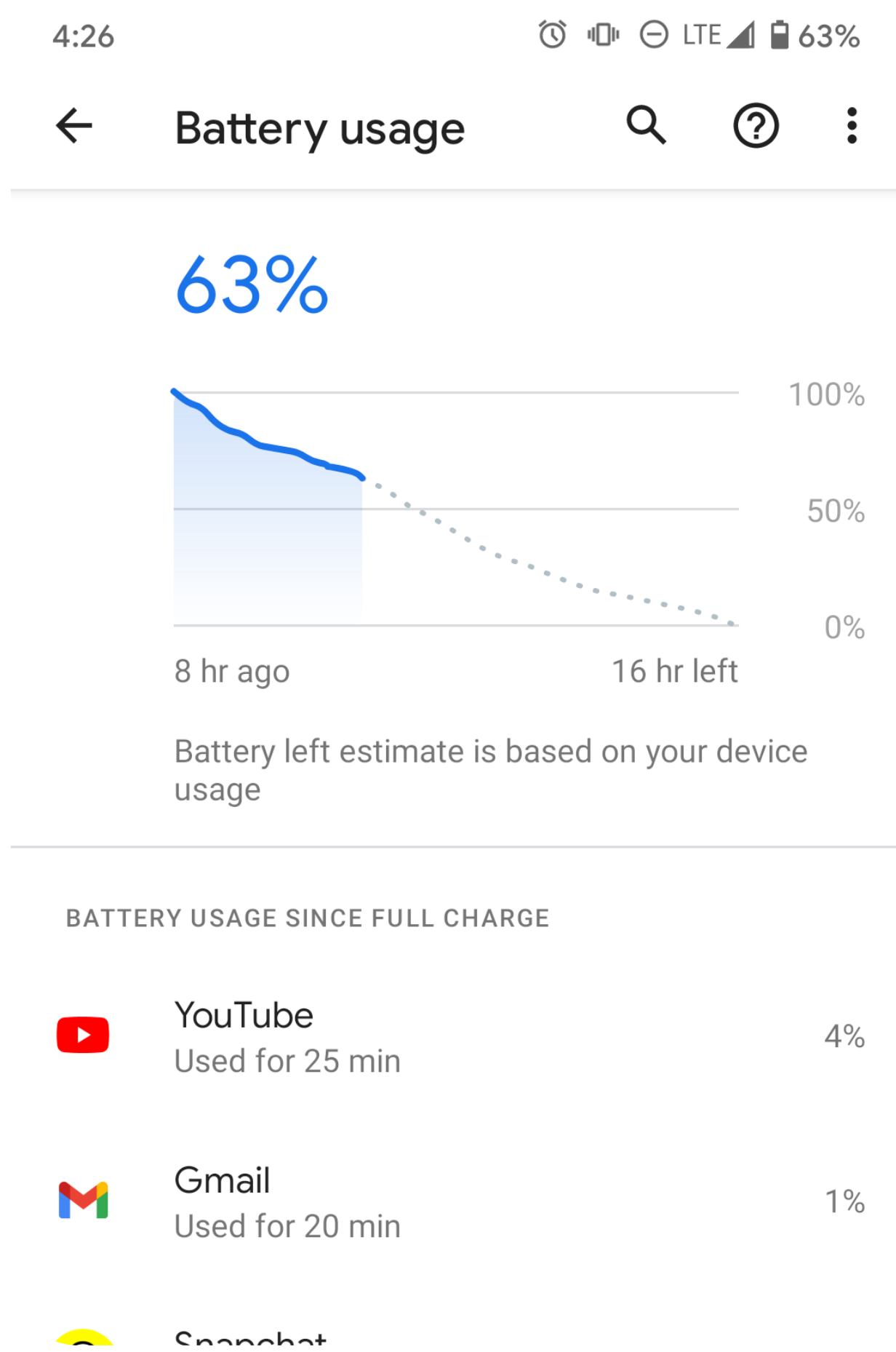
Add you answers up to get your final score. The closer to twenty-four your score is the more you may find the below tips relevant.

02 *Your Tech Habits*

The first step in improving your digital well-being is to understand your current relationship with technology. Get started with these simple steps.

1

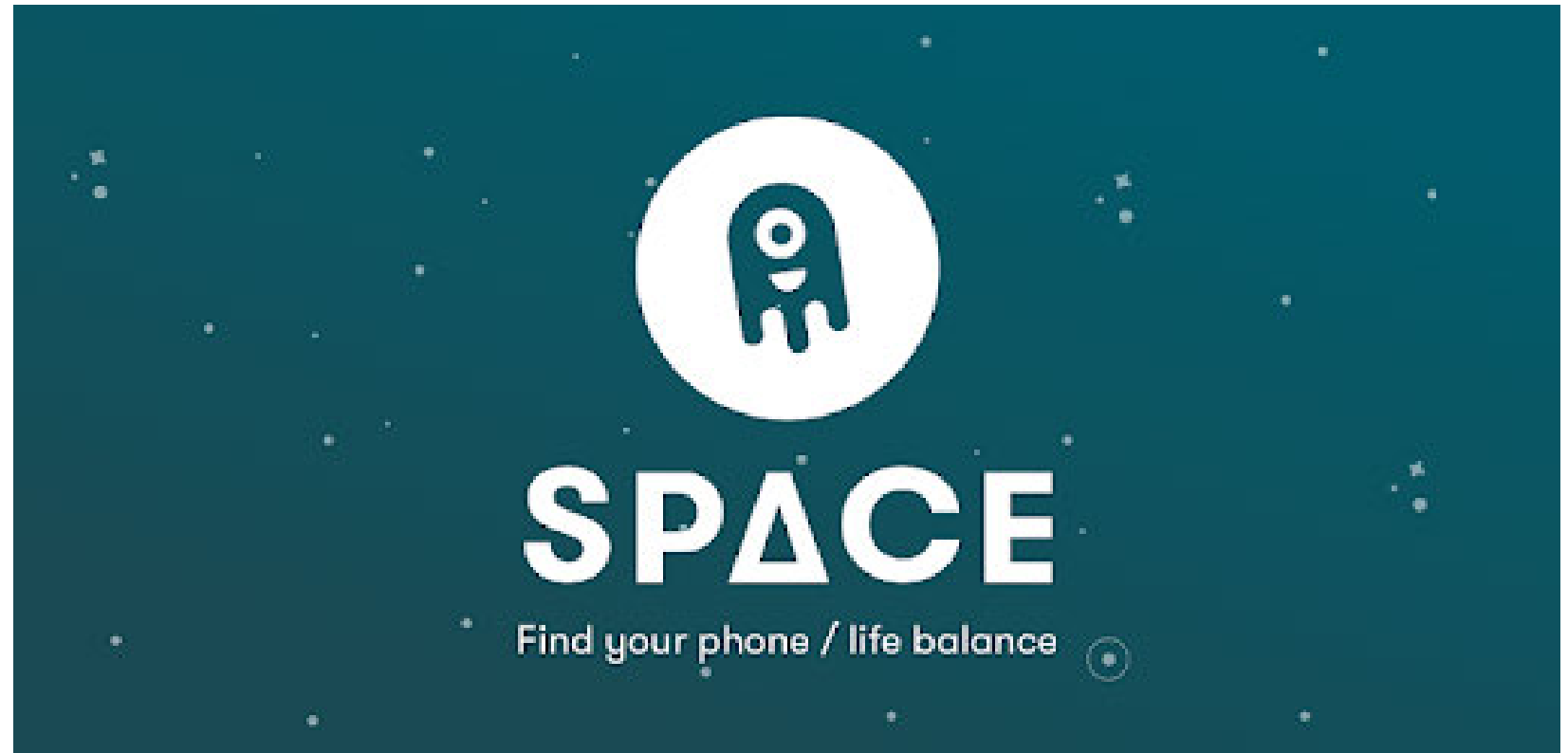
Check your battery settings to see how much time you spend on your phone. Explore what apps you use the most.



2

Consider using an app that gives you detailed info about your phone use including screen unlocks, total time spent using your phone and each application you have. Use your phone as you normally would for a week to get a good baseline.

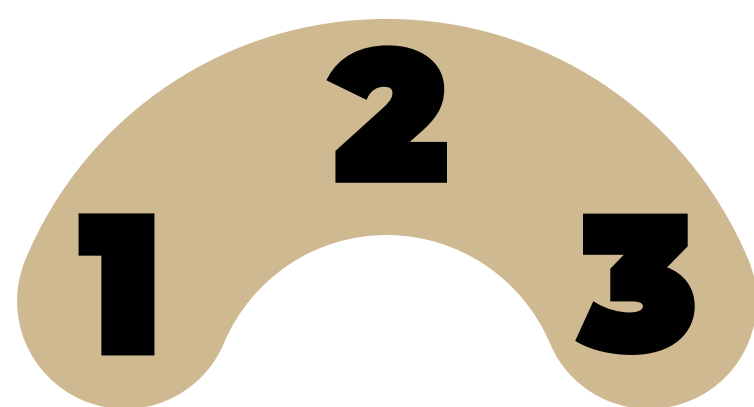
SPACE is a good option for both Android and iPhone



3

Relate to you emotional well-being by putting yourself in the following situations. Decide for yourself if your answers reflect your ideal relationship with technology.

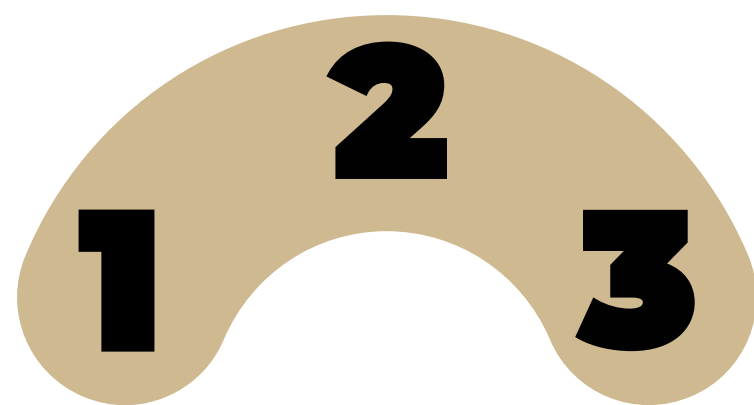
1= that was easy; 2=somewhat uncomfortable; 3=hard



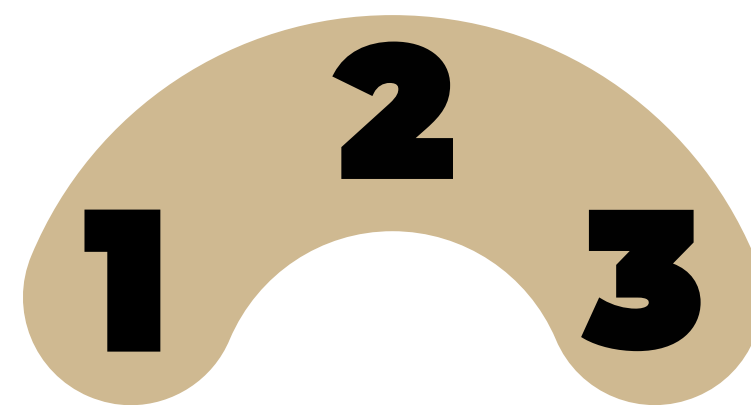
Purposefully leave your phone attended for 5 minutes, with no other digital distractions.



Do at least two of your morning routine activities before checking your phone.



Eat one meal without using technology of any kind.



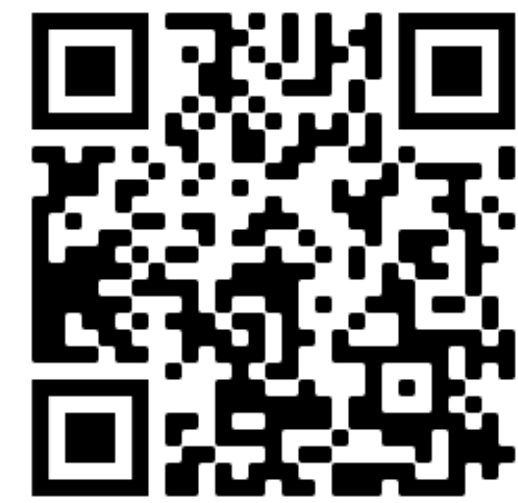
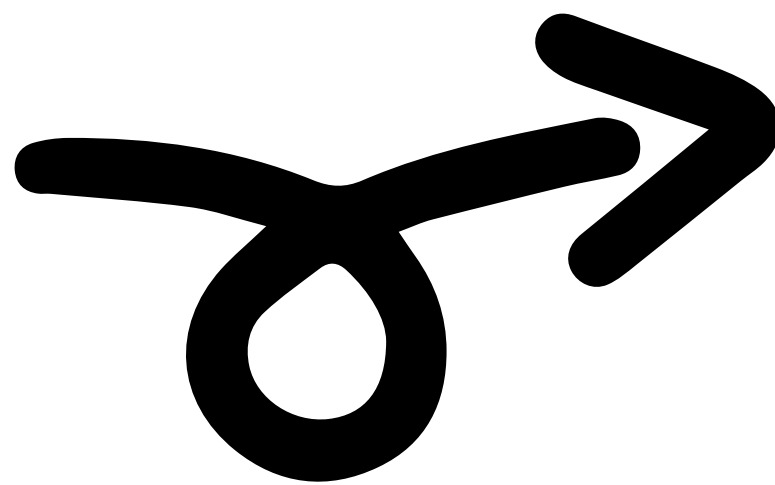
Try to make your phone last a whole day on one charge.

Digital Decluttering

01 *Making Technology Work for You*

If you want technology to help you be more productive instead of distracted, you need to learn how to prevent the distractions.

Great video that explains some simple tips for avoiding tech distractions!

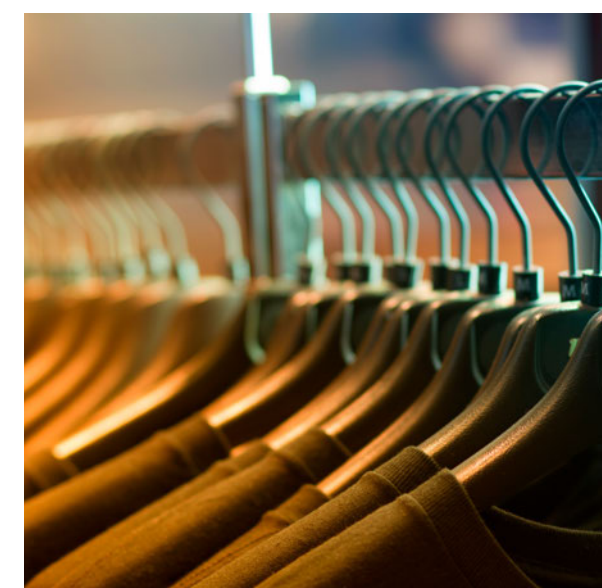


Click or scan

PRO TIPS

THINK OF YOUR TECH LIKE YOUR CLOSET

Do some spring cleaning and remove old apps, pictures, messages and files. An organized space makes you feel better!



SET HEALTHY BOUNDARIES - LITERALLY

Use your settings to establish timers for apps. Fill your day with productivity, not distraction.



REDUCE NOTIFICATIONS

Adjust how you receive visual, audible and sensory notifications.



02 *Technology for Better Mental Well-being*



Taking a break from social media or the news can be helpful if you notice they are taking a toll on your mental wellness.

Consider how you use social media--to promote yourself or others. There is nothing wrong in taking pride in a post, but if all your posts promote yourself, you may find that you are craving the approval of social media instead of the genuine connection from social media.



There is another reason to adjust your notifications. When they create distractions, they can lead to multitasking or split attention. Multiple studies show that multitasking decreases efficiency in all tasks involved and can increase stress.



Partner with a RecWell Wellness Coach to reach your digital well-being goals!

Click or scan