

11. Digital Wellness

Definition: Maintaining a balanced and mindful relationship with technology by managing screen time, online engagement, and digital boundaries. Digital wellness includes using technology intentionally and ensuring that digital habits enhance rather than detract from overall well-being.

Digital Wellness Checklist

- Setting healthy boundaries around screen time
- Using social media and digital platforms mindfully
- Using technology to support learning, connection, and productivity
- Taking regular breaks from devices
- Exploring digital tools that enhance wellbeing (meditation apps, fitness trackers)
- Reflecting on how technology impacts mood and relationships

Reflective questions

- Do I balance my screen time with offline activities that support my well-being?
- Do I set healthy boundaries around my digital use (notifications, social media, work emails)?
- Do I explore digital tools that enhance wellbeing and productivity?
- Do I feel confident and safe in my online interactions and digital environments?
- Do I use technology intentionally, rather than out of habit or compulsion?