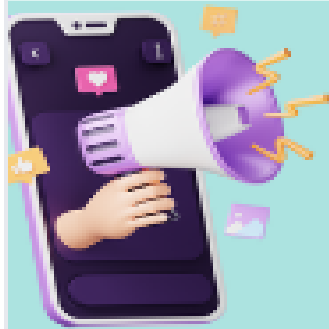


DIGITAL WELLBEING

Navigate the Digital World Mindfully:
Balance, Wellbeing, and Connection!



Understand Screen Time Effects

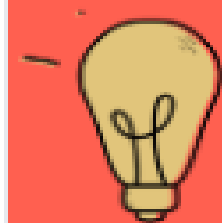
- Excessive screen time can lead to eye strain, sleep disturbances, and increased anxiety.
- Being aware of these effects helps us make informed choices about our device usage.

Set Boundaries

- Establish specific times for using devices and stick to them. This helps prevent digital overload and ensures a better work-life balance for both educators and students.



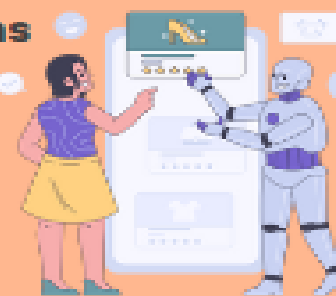
Encourage Mindful Engagement



- Promote self-reflection on technology use.
- Encourage breaks and offline activities to recharge.
- Mindfulness fosters a healthier relationship with technology and supports mental wellbeing.

Foster Open Conversations

- Create a safe space for discussions about digital habits and challenges.
- Encourage students to share their experiences and strategies, fostering a supportive community focused on wellbeing.



For more training resources visit
digi-aware-elearninghub.com