DIGITAL WELLBEING

&

STRATEGIES TO NAVIGATE DIGITAL STRESS

Evija van der Beek

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Evija van der Beek

- Supervisor, Wellbeing Leadership Coach, Soft skills and coaching trainer

- More than 14,000 people

- Over 1000 h of training experience

- Experienced Manager in international companies

- Author and trainer of the Wellbeing and stress management course (100 h)

Let's talk about:

what?

1. What exactly is **Digital Wellbeing**
2. Understanding **Digital Stress and Burnout**

how?

3. How to build healthy relationships with Digital Technologies
4. Recommendations for Digital Wellbeing strategies
5. Personal action plan for your Digital Wellbeing

Digital WELLBEING QUIZ:

 Average e-mails per day received?

1. Up to 20
2. Up to 40
3. Up to 60
4. 60 and more

How many h average per working day are you in front of screens (TV, phone, computer, digital watch)

1. 0-2
2. 3-5
3. 6-8
4. 9 and more

Who is controlling:

a) you control digital technologies

b) technology is in control of you?

Would like to spend less time with gadgets?

Would like your children to spend less time with gadgets?

Why we need to talk about it..

Why keep track of your screen time and content:

DIFFICULTY CONCENTRATING

Why keep track of your screen time and content:

INFORMATION OVERLOAD

Why keep track of your screen time and content:

NEED TO BE «ONLINE» ALL THE TIME

Why keep track of your screen time and content:

SOURCE OF NEGATIVE EMOTIONS

Why keep track of your screen time and content:

ESCAPE FROM LONELINESS OR PSYCHOLOGICAL PROBLEMS

Why keep track of your screen time and content:

ADDICTION

Why keep track of your screen time and content:

DISRUPTS SLEEP PATTERNS

Why keep track of your screen time and content:

RELATIONSHIPS

Sitting is the new smoking!
☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹

Digital wellbeing is:

a state where a person's **physical, emotional, mental, and social wellbeing** is supported and improved through the use of digital technology in a **healthy and balanced manner**

Digital wellbeing

is not just time spent with your digital technologies

It is:

- quality of **time and content** used,

- how digital technology use **affects mental and physical health**

- **balance** between digital technology use and other aspects of life

- taking steps to **mitigate negative effects**
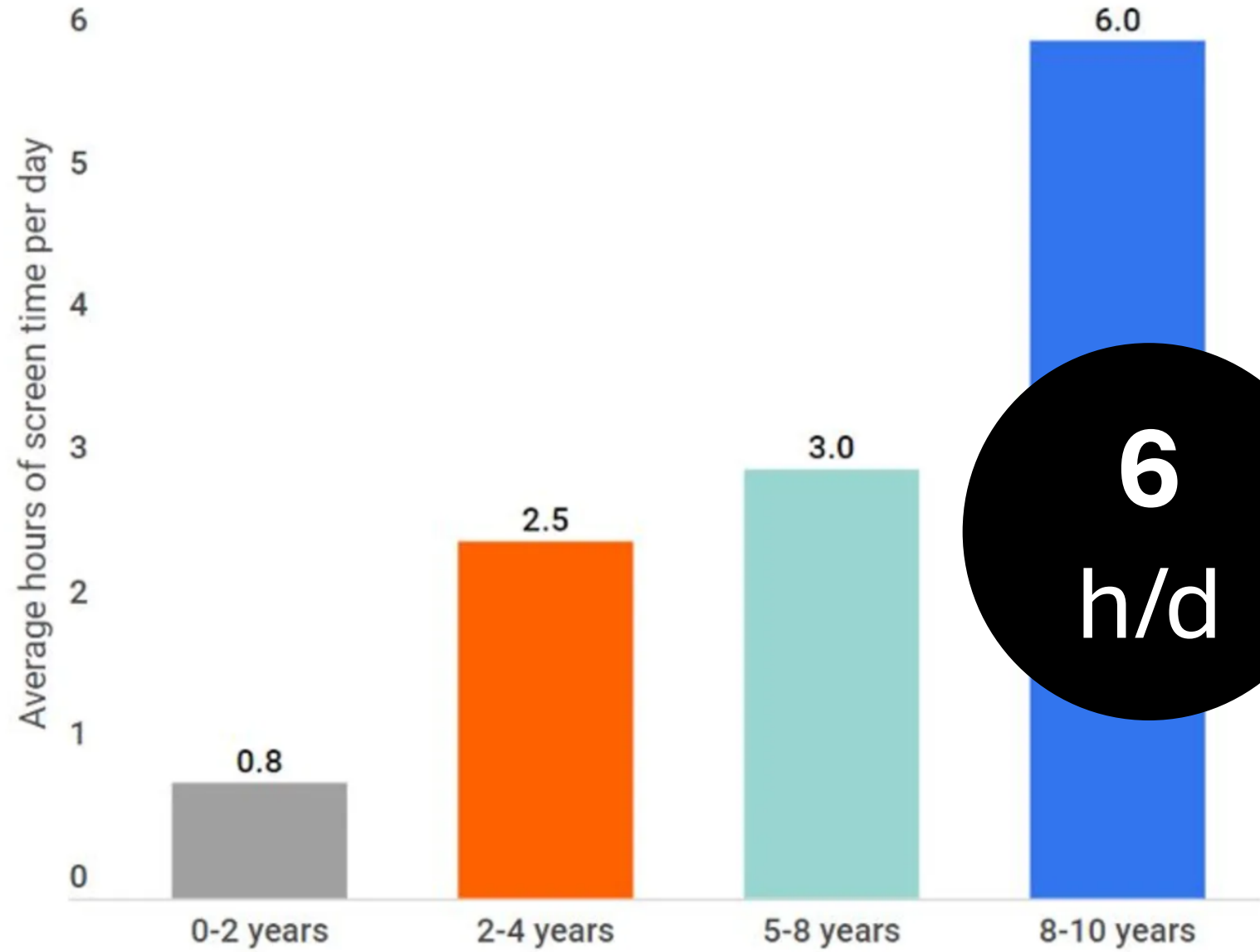
Digital childhood

AVERAGE CHILD SCREEN TIME BY AGE RANGE

Average hours of screen time per day

Age Range	Average hours
0-2 years	0.8
2-4 years	2.5
5-8 years	3.0
8-10 years	6.0

6 h/d

SCREEN TIME *(2023., 2024.)*

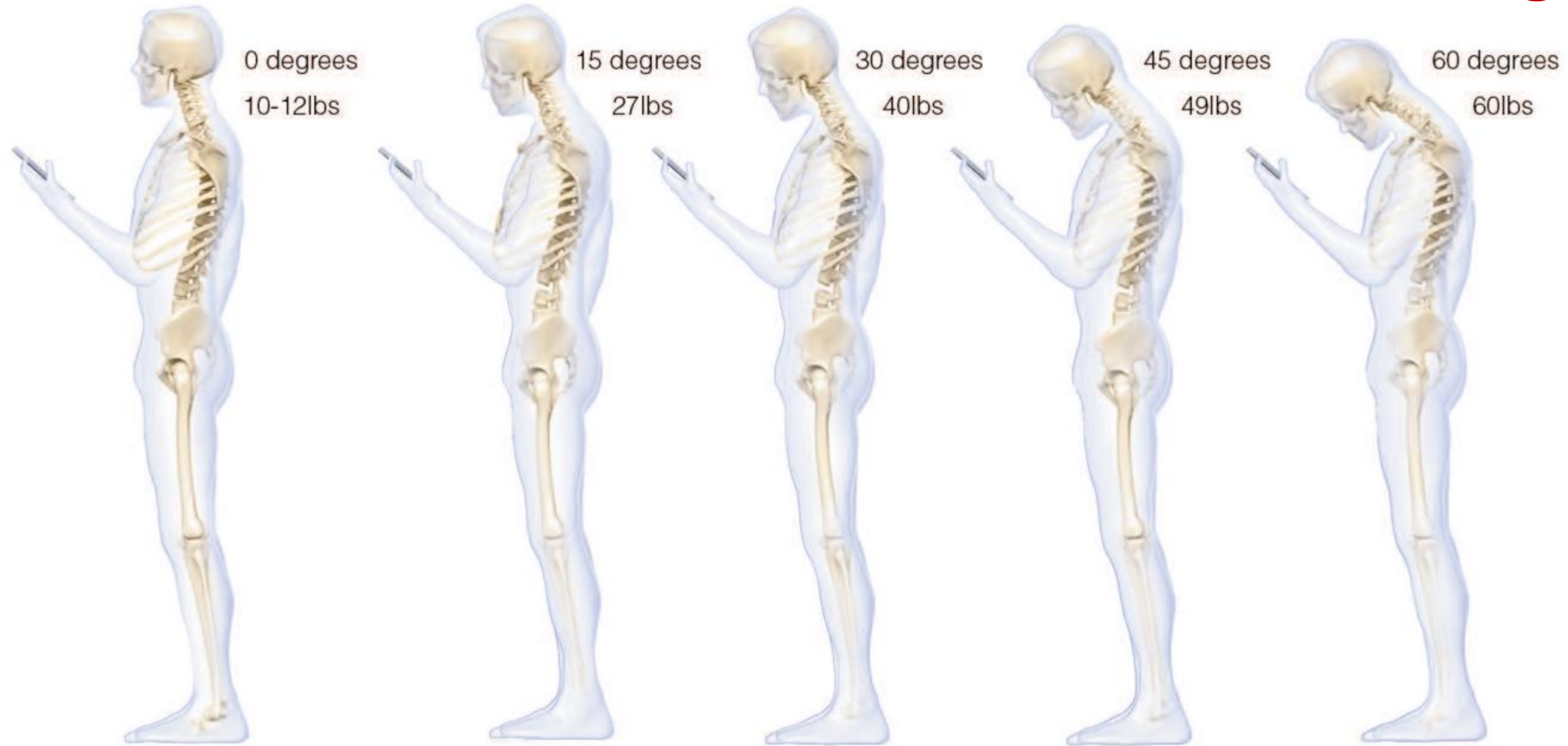- **7 h/d** in front of screens (in the world)

- screen time has increased by **30-50 min/d** since 2013

- gen Z (born 1996-2010) = **9 h/day**

- average **44%** of waking hours when looking at the screen

- **2h 23 min** per day on social networks

- **49%** of babies age 0 to 2 tend to have interacted with smartphones at some point

source: https://whatsthebigdata.com/average-screen-time-stats/

4,5-5,5 kg

27!!!! kg

0 degrees	15 degrees	30 degrees	45 degrees	60 degrees
10-12lbs	27lbs	40lbs	49lbs	60lbs

Position	Neutral	15 °	30°	45 °	60 °	90°
Force To Cervical Spine	10-12lbs.	27lbs.	40lbs.	49lbs.	60lbs.	Not Measurable

Assessment of Stresses in the Cervical Spine Caused by Posture and Position of the Head KENNETH K. HANSRAJ, MD CHIEF OF SPINE SURGERY NEW YORK SPINE SURGERY & REHABILITATION MEDICINE NEW YORK, NEW YORK

HOW ready are we?

Stress is..*(WHO)*

1. state of **worry or mental tension** caused by a difficult situation
2. stress is a **natural human response** and everyone experiences stress to some degree
3. the way we **respond to stress** makes a big difference to our overall wellbeing

New terms in digital age

1. Screen Time
2. Digital Wellbeing
3. Digital Stress
4. Digital Burnout
5. Technostress
6. Digital Fatigue
7. Information Overload
8. Digital Detox

9. Online Privacy
10. Cookie Tracking
11. Digital Footprint
12. Digital Identity
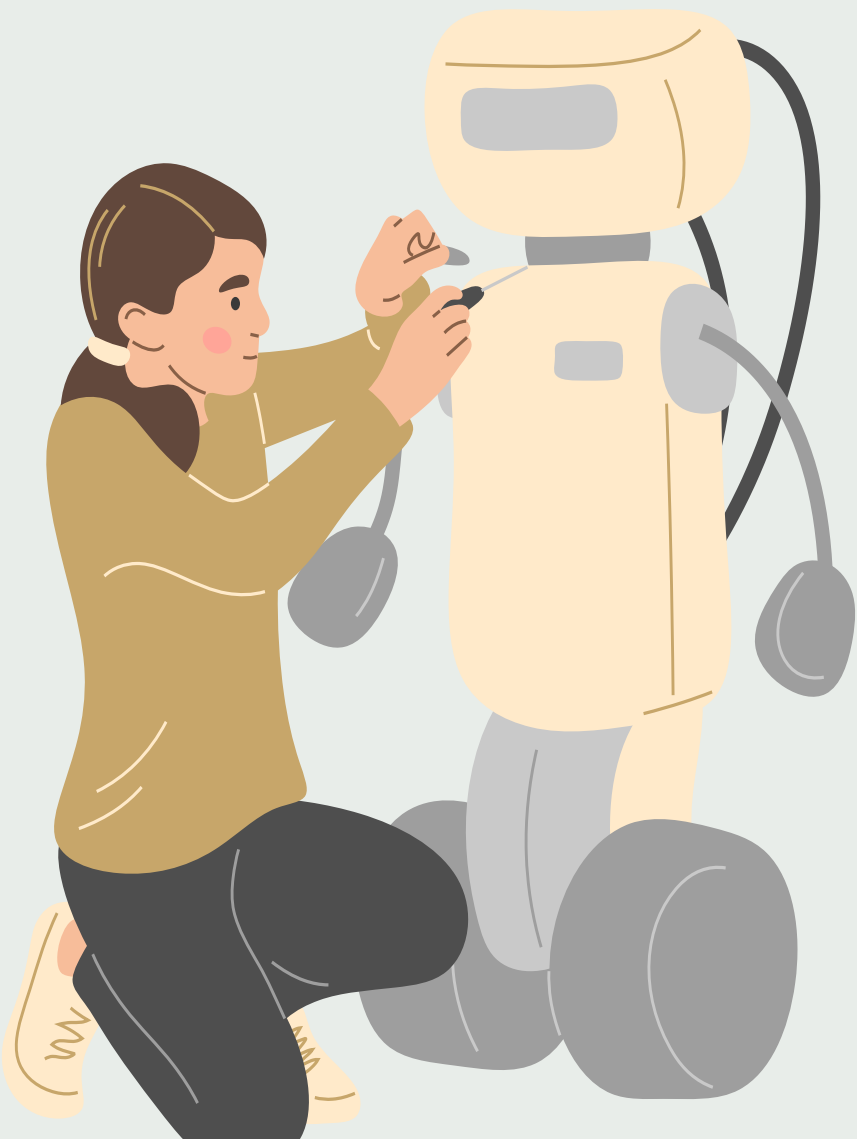13. Geolocation Data
14. IP Address Tracking
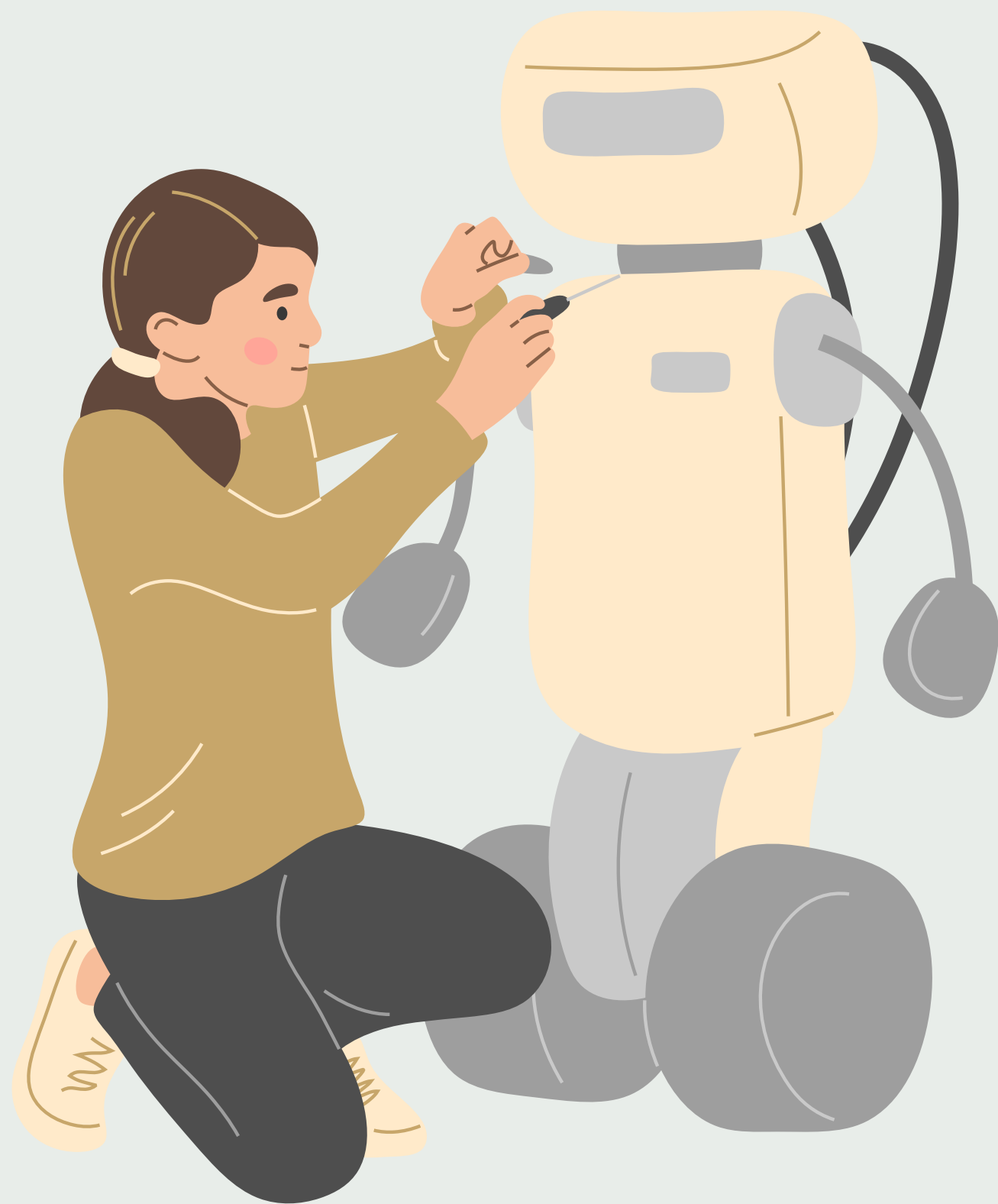
Technostress

„an inability to **cope with new technologies** in a healthy manner" *(Ragu-Nathan, 2008)*
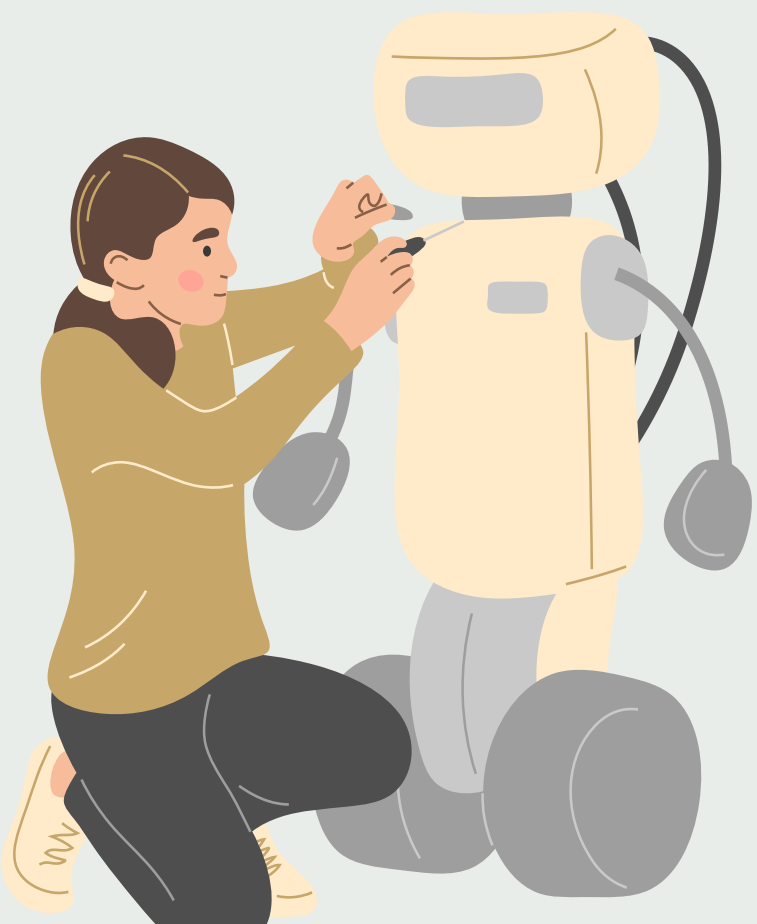
Technostress

describes the **negative feelings associated with the use of new technology**, including anxiety, depression, confusion, and burnout

Technostress

1. Lack of training and experience
2. An overworked staff or a workplace that is understaffed
3. Excessive Information - information overload
4. Rapid technological advancements and changes
5. Fear of digital techology terminology
6. The presence of multiple technology interfaces
7. Anxiety related to technology use - performance anxiety

DIGITAL stress

- Is about negative impact of digital technology on an individual's mental and physical health.

- It can include but is not limited to technostress..

AI created picture of digital stress

/Midjourney/

DIGITAL stress

- digital stress is a broader concept that includes various forms of stress related to digital technology in both **personal and professional contexts**
- technostress is more focused on the workplace and the specific psychological impacts of new technologies

BURNOUT (WHO)

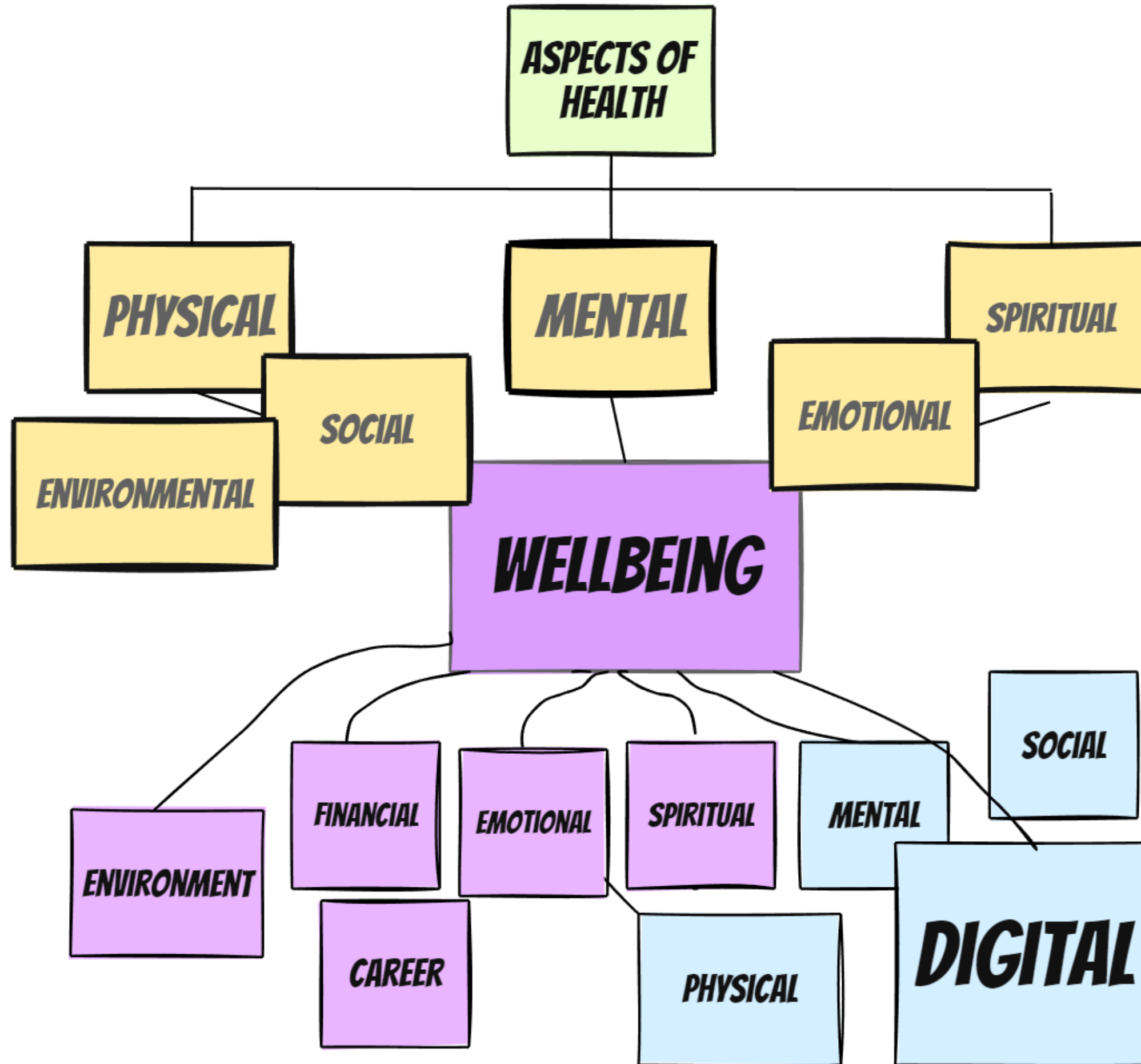**«resulting from chronic workplace stress that has not been successfully managed**

1. Feelings of energy depletion or exhaustion

2. Increased mental distance from one's job, or feelings of negativism or cynicism related to one's job;

3. Reduced professional efficacy"

DIGITAL BURNOUT

*«feelings of exhaustion, anxiety, depression, or diminished interest in a job stemming from **TOO MUCH TIME ON DIGITAL DEVICES**"*

ASPECTS OF HEALTH

PHYSICAL

MENTAL

SPIRITUAL

SOCIAL

ENVIRONMENTAL

EMOTIONAL

WELLBEING

ENVIRONMENT

FINANCIAL

EMOTIONAL

SPIRITUAL

MENTAL

SOCIAL

CAREER

PHYSICAL

DIGITAL

Fun time ☺

WHITE

RED

BLUE

YELLOW

PURPLE

BROWN

WHITE

PINK

PHONE

YELLOW

GREEN

Your DIGITAL WELLBEING PLAN

STOP

CONTINUE

START

1. Strategies for control of usage

1. Audit digital usage - review the apps and services you use to identify which ones are unnecessary or unused

2. Set limiting time - specific times when you will use your gadgets and stick to those times. This helps to maintain a balance between digital and non-digital activities

3. Utilize built-in features or apps that track and limit screen time. Tools like Screen Time on iOS or Digital Wellbeing on Android

4. Schedule **digital detox**

2. Strategies for Mental Health

1. **Practice mindfulness and stress management** - these practices can help you stay focused and reduce the negative impacts of excessive digital use

2. **Limit exposure to too much information -** setting boundaries around news consumption, social media use, and email checks. This can help reduce feelings of overwhelm and anxiety

3. **Maintain social connections**
4. **Train your focus – NO to multitasking**
4. **Learn, practice, train yourself to feel comfortable using digital platforms**

Use of digital wellbeing applications

- The study looked at 66 digital wellbeing apps

- **Conclusions:**

- Mostly all are meant to reduce screen time by displaying it graphically

- It's not clear what scientifically proven data they're being developed on (except for Focus To-Do)

- There is no difference in content, design – for children or adults

- The mental state of users is not evaluated

- There are no other features (e.g. educational-teaching more useful usage of screen tim)

- Only some 30% is free

- Source: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9066336/
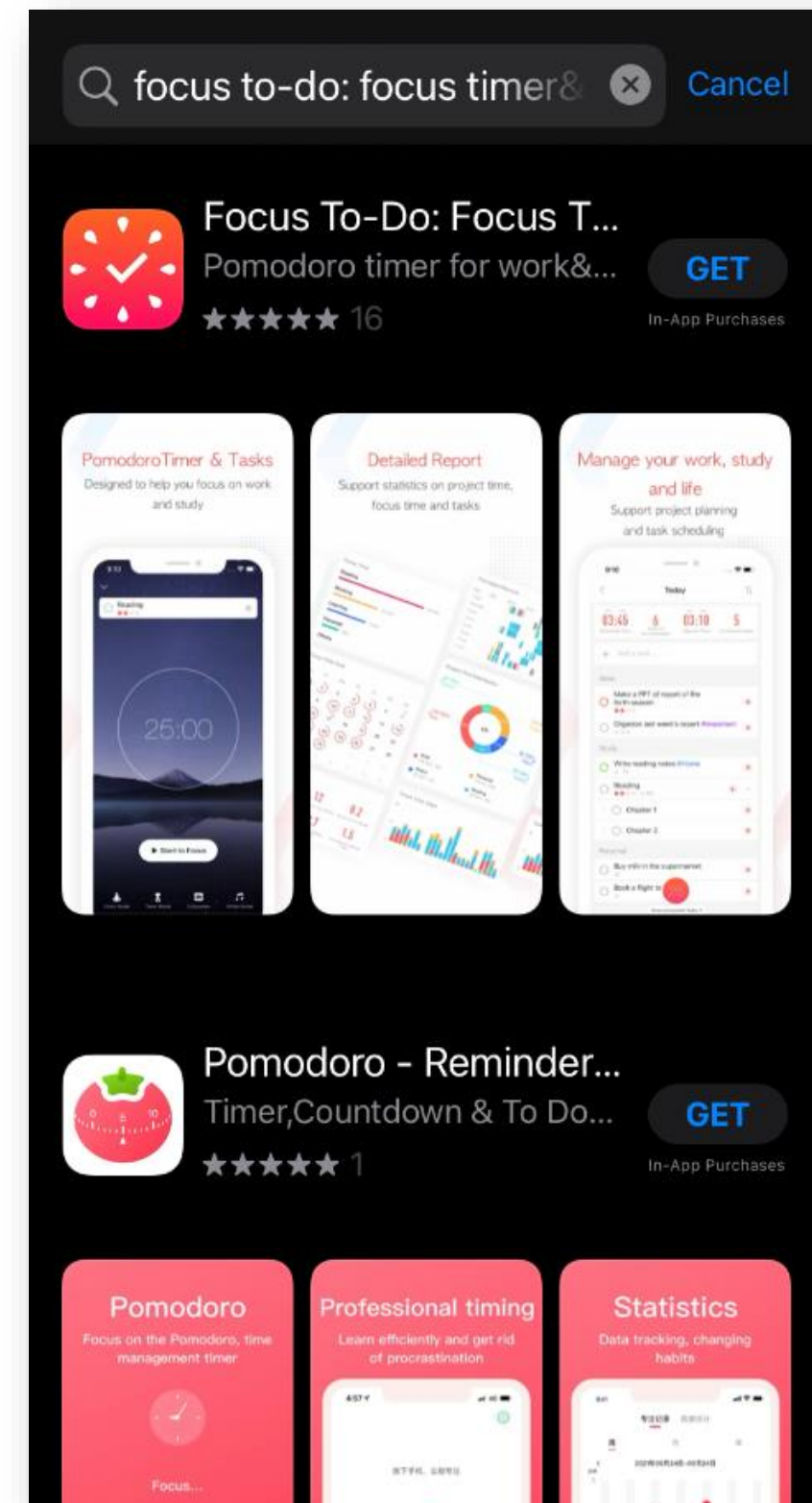
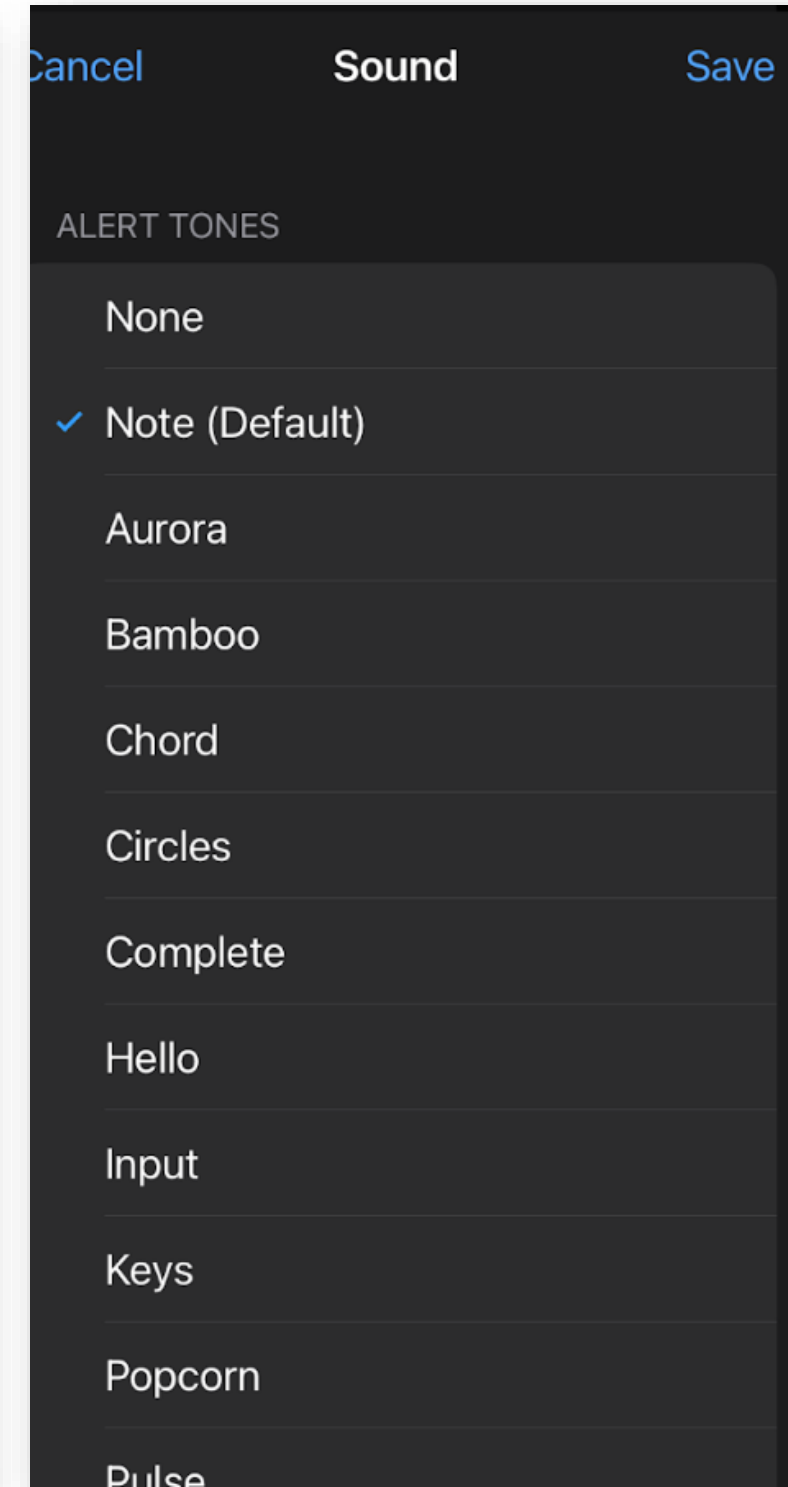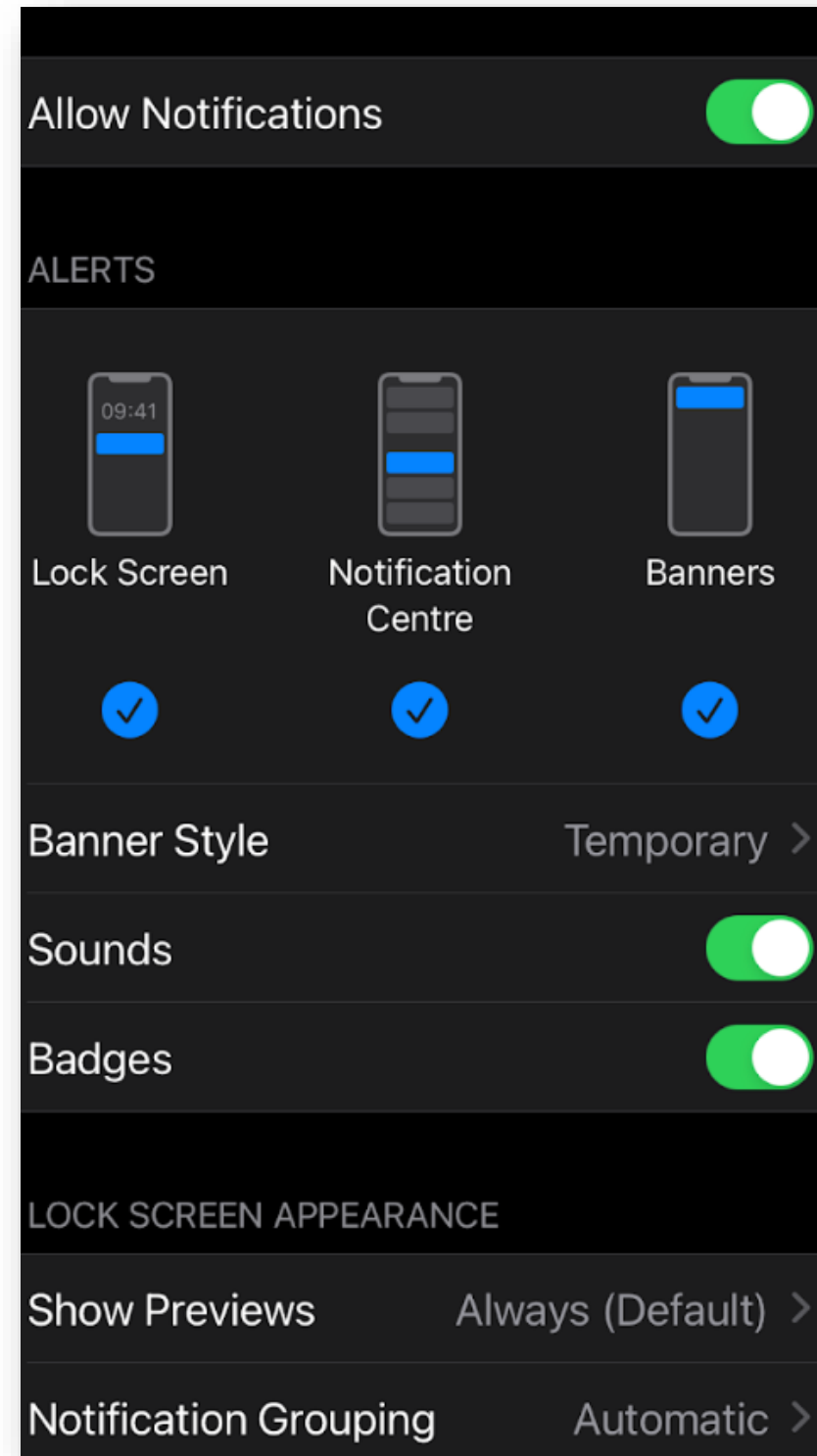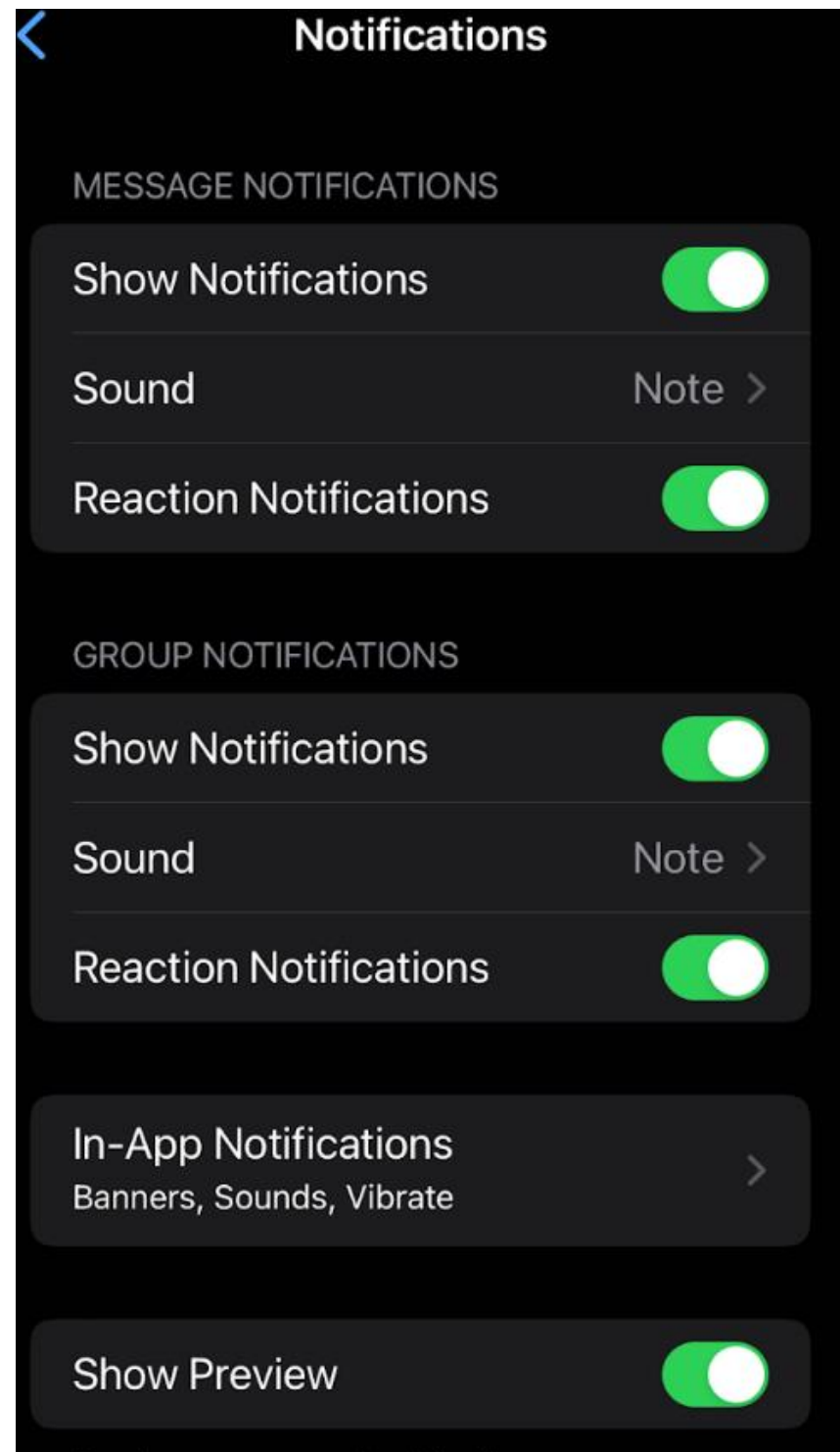# WHICH NOTIFICATIONS CAN BE MUTED?
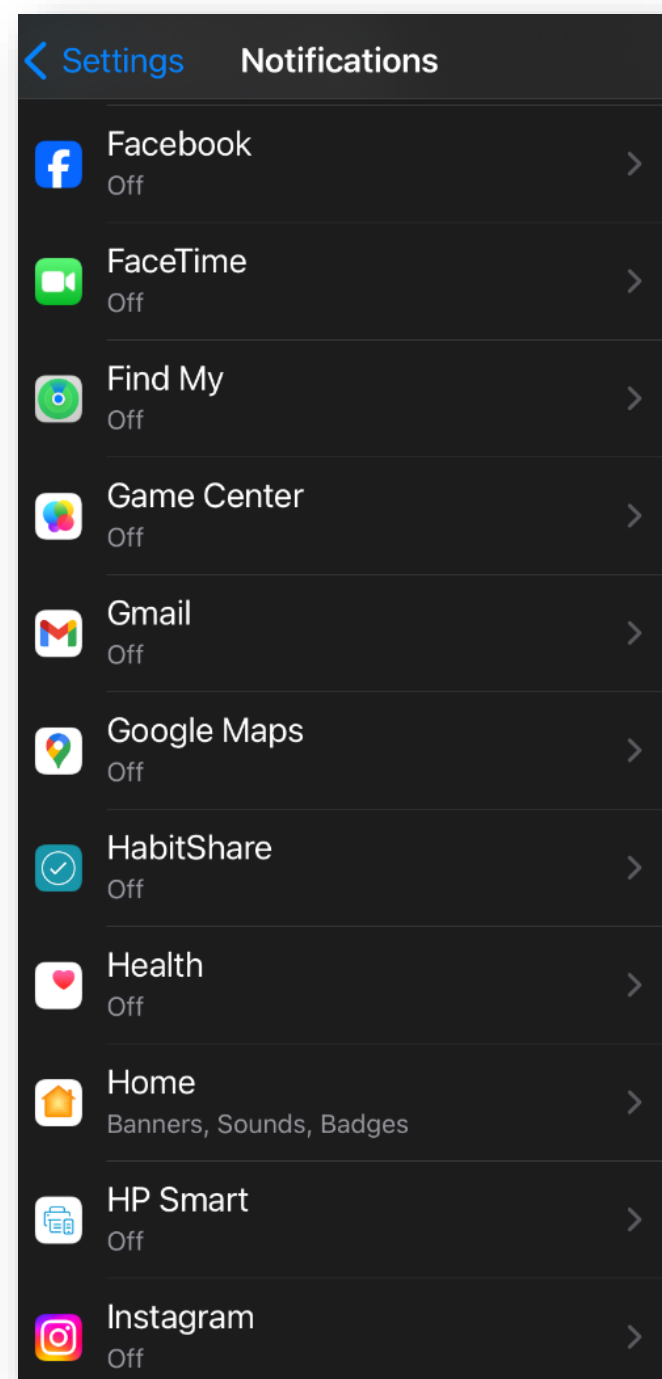
1. Which app notifications ARE 100% NEEDED?

2. Which app notifications can I do without?

Review notification settings

SCREEN TIME settings and SLEEP FOCUS

Screen Time

Get insights about your screen time and set limits for what you want to manage.

Weekly Reports
Get a weekly report with insights about your screen time.

Downtime & App Limits
Set a schedule for time away from the screen and set daily time limits for app categories you want to manage.

Content & Privacy Restrictions
Restrict settings for explicit content, purchases, downloads and privacy.

Screen Time Passcode
Manage Screen Time for children from your

< Focus   **Do Not Disturb**

🌙 Do Not Disturb   [ON]

ALLOWED NOTIFICATIONS

People >   Apps >
None allowed   None allowed

Allow calls and notifications from people, apps and those marked as Time Sensitive when this Focus is on.

OPTIONS

Focus Status   Off >

Home Screen   >

Lock Screen   >

TURN ON AUTOMATICALLY

22:00 – 07:00   Off >
Every day

⊕ Add Schedule or Automation

Have this Focus turn on automatically at a set time or location, or while using a certain app.

Sleep Focus

Don't Miss Out
Allow notifications from important people and apps while sleeping, and silence the rest across all devices.

Work Focus

Don't Miss Out
Allow notifications from important people and apps while working, and silence the rest across all devices.

Turn On Automatically
Have Work Focus turn on for you at a set time or location, or while using certain apps.

Share You're Away

Cancel   **New Automation**

Choose when you want the automation to happen.

🕐 **Time**
E.g. "From 12:30 pm to 2:30 pm"   >

📍 **Location**
E.g. "When I arrive at Work"   >

📚 **App**
E.g. "When I open Books"   >

⏻ **Smart Activation**
Automatically turn Do Not Disturb on at relevant times throughout the day based on signals like your location, app usage and more.

# What to do for the life-work-technology balance

1. Set limits yourself – limit availability

2. Set automatic limits, e.g. work 2 h, busy 3 h

3. Use productivity tools (Google Calendar combined with phone calendar) for your work organization

4. Read about digital risks and how to reduce them

5. If spending free time scrolling, look for information that creates positive emotions or is motivating, educational, exploratory

6. Make time for yourself WITHOUT screens - holidays, social events after work

7. Replace entertainment content on digital devices with something else – books, walks in nature, games with children
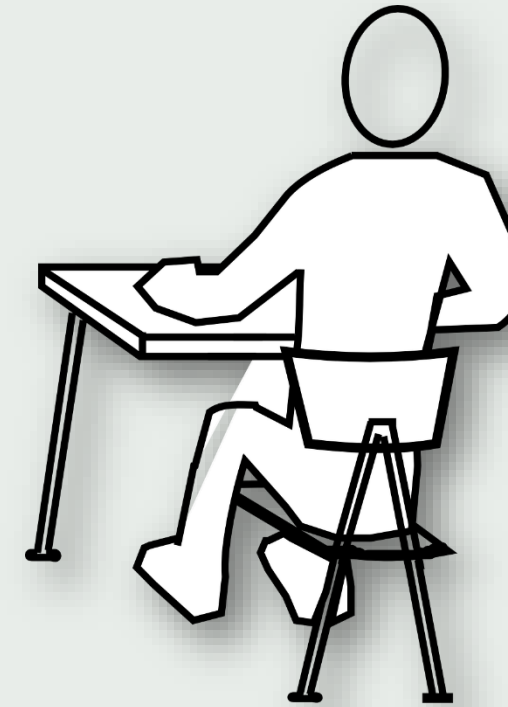
2min. rule

3. Strategies for Physical Health

1. **20-20-20 rule**
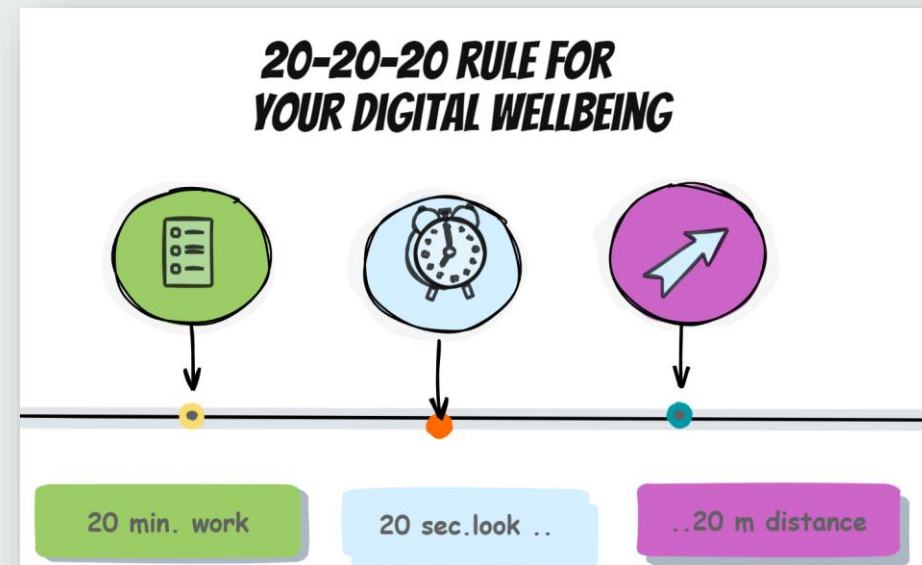
2. **Check your posture**
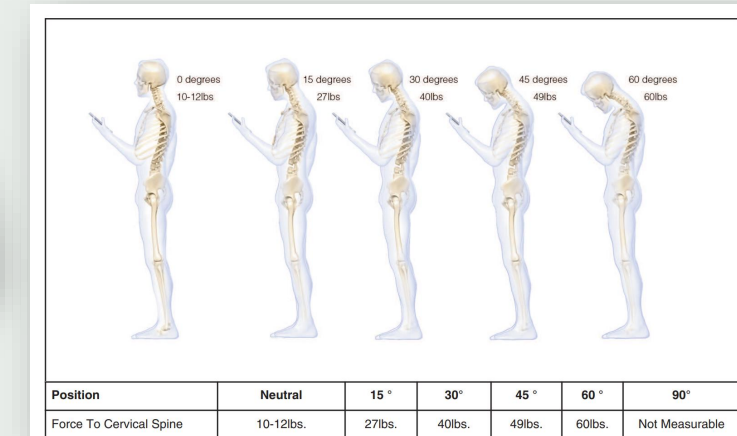
3. **Take regular breaks every 90 min:**
to stretch, practice yoga, or do exercises

4. Social WELLBEING:

What did I do today for my social wellbeing?

3. Digital WELLBEING:

What did I do today for my digital wellbeing?

2. Mental WELLBEING:

What did I do today for may mental wellbeing?

5. Career WELLBEING:

What did I do today for my professional development?

1. Physical WELLBEING:

What did I do today to maintain my physical wellbeing?

DAILY 5
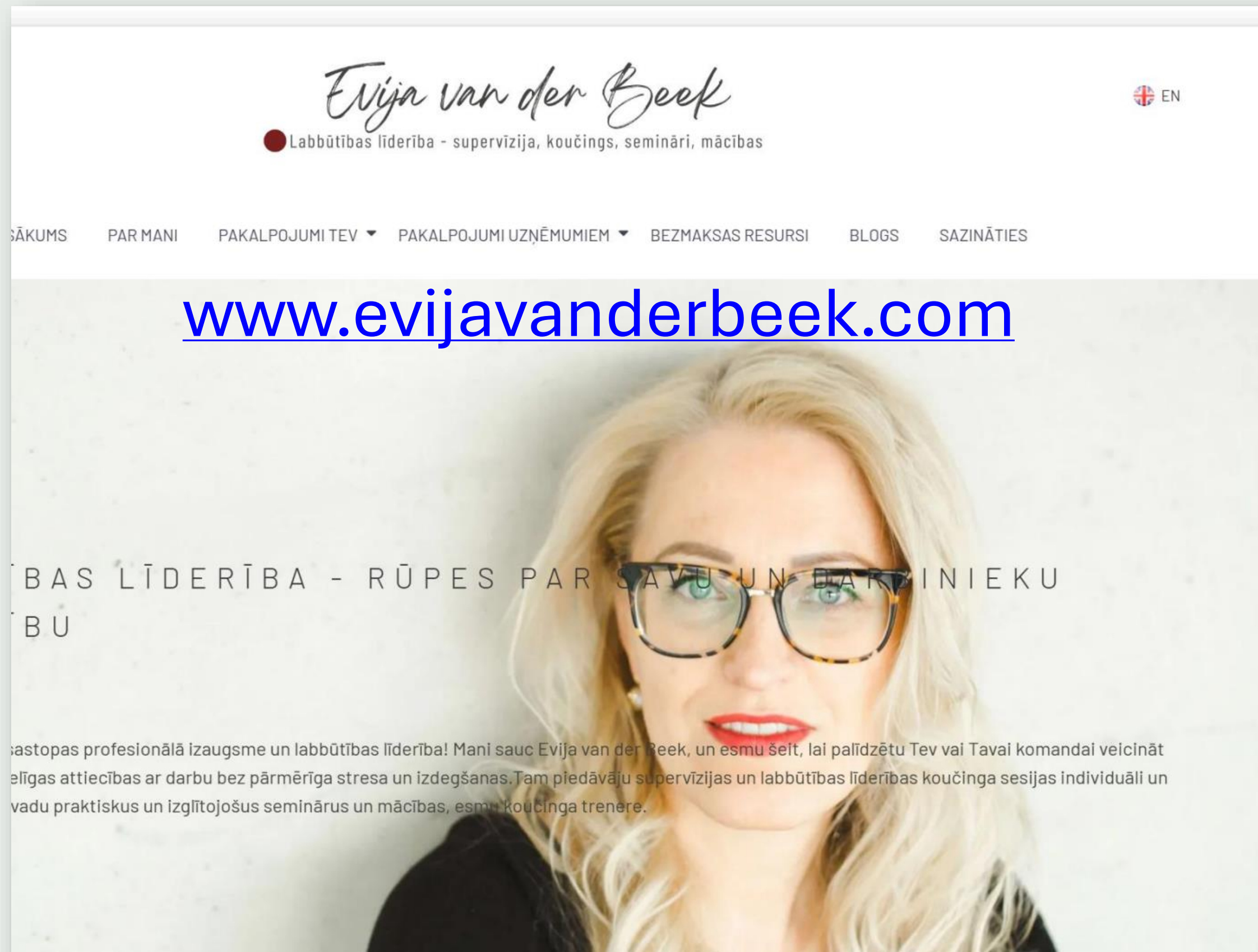
4. Your **DIGITAL WELLBEING PLAN**

STOP

CONTINUE

START

WHATEVER YOU WATER,
THAT WILL GROW

Thank you for being great listeners!

www.evijavanderbeek.com