

# Wellbeing tips for a

# digital world

The digital world can be a lot, so try our tips to look after your wellbeing online:

**Social media detox** – take regular breaks from social media or set times when you can check it. You can also use app restriction settings on your phone to help you do this.

**Set boundaries** – set time aside that's just for you and not for you and your phone. This could be as simple as not checking your phone first thing when you wake up or right before you go to sleep.

**Curate your online space** – unfollow accounts that don't bring you joy and follow more that do. Some social media platforms also allow you to limit posts with certain phrases or words to help make your online space feel safer.

**Go phone-free** – set time where you won't use your phone to help break up your screen time. Try using your phone's Focus Mode to avoid notification distractions.

**Stay informed mindfully** – the news can feel overwhelming at times, so limit or turn off notifications for news apps, or try following positive news sites online or on social media to see the positive things in the world.

**Create an ergonomic workspace** – if you work from a computer or laptop, create a set up that'll look after your body and mind. Create a set up that's ergonomic to prevent physical strain, and clutter-free to help you avoid distractions.

**Embrace nature** – step away from your screens and enjoy the outdoors. Whether it's a walk in the park, sitting on your balcony or spending time in the garden, fresh air will always be a good idea.

**Focus on one thing** – avoid using your phone when doing other things like spending time with people or watching TV. This will help you be present and enjoy the moment.