



DIGITAL WELLBEING ABC'S AND 123'S

ALERTS (Notification reduction)

- BADGES, BANNERS, AND POP-UPS:** Try changing your notification style to run only in the background or set-up unique notification alert sounds so you can filter for the occasion.
- UNWANTED CALLS:** Contact your carrier to see if they offer options for spam and telemarketer filtering. Don't install 3rd party filter apps as they can have security issues!
- NO ESCAPE FROM NOTIFICATIONS:** Really think about setting up a time-range when you don't want to be disturbed: class time, sleep, and when working.

BLUE-LIGHT (Physical wellness)

- EYE-STRAIN:** Turn on a blue-light filter at night for your devices as these light rays can keep you awake. Use dark mode and a higher scaled display for your displays to reduce eye-strain.
- WORSENING POSTURE:** Use a mouse and keyboard whenever possible. Additions such as stands, risers, or even a textbook under the laptop can help with better back support.
- LACK OF SLEEP:** Reduce high-intensity media/device usage a couple hours before sleep. "Binge-watching" content can reduce night-time rhythm and workflow.

CONTROL (Device management)

- MUSCLE MEMORY:** Move around your apps and turn off auto-filled addresses in your browser to decrease constant browsing and access.
- A DEVICE FOR EVERYTHING:** Whenever possible, split-up content to a specific device: a TV for video content, radio or mp3 player for music, etc. Use commercial breaks as digital breaks!
- SELF CONTROL SOFTWARE:** Install software that actively blocks access to time-wasting or distracting sites. Modern media and content made up small digestible pieces of content that constantly adds up. Avoid the trap!