Digital Wellbeing

A, B, C; EASY AS 1, 2, 3
“Find a balance with technology that feels right for you... As technology becomes more and more integral to everything we do, it can sometimes distract us from the things that matter most to us. We believe technology should improve life, not distract from it. We’re committed to giving everyone the tools they need to develop their own sense of digital well-being. So that life, not the technology in it, stays front and center.”

- Google

“We first introduced parental controls for iPhone in 2008, and our team has worked thoughtfully over the years to add features to help parents manage their children’s content... With Screen Time, these new tools are empowering users who want help managing their device time, and balancing the many things that are important to them.”

- Apple

https://wellbeing.google/
What does Digital Wellbeing Mean to YOU?

Three Examples

1. 

2. 

3. 

ABC’s of Digital Wellbeing

- Alerts (Notification reduction)
- Blue-Light (Physical wellness)
- Control (Device/Content management)
Alerts (Notification Reduction)

- Badges, Banners, Pop-ups, and “Notification Center”
- Spam Calls
- “I need to know - but not all the time”
Alerts (Notification reduction)

- “Do Not Disturb”
- Adjust the Alert Style & Notification Sounds
- Contact your Carrier for Spam Filter Directions
Notifications

Account
Privacy, security, change number

Chats
Backup, history, wallpaper

Notifications
Message, group & call tones

Data and storage usage
Network usage, auto-download

Help
FAQ, contact us, privacy policy

Invite a friend

Conversation tones
Play sounds for incoming and outgoing messages.

Messages

Notification tone
Default (Contact)

Vibrate
Default

Popup notification
No popup

Light
White

Use high priority notifications
Show previews of notifications at the top of the screen

Groups
Blue-Light (Physical wellness)

- Eye-strain
- Posture (Back and Neck)
- Lack of Sleep
Blue-Light (Physical wellness)

- Blue-Light Filters
- Ergonomic Additions
- Scaled Display

https://justgetflux.com/
A systematic review of 36 research studies investigating technology use in children proposed mechanisms by which electronic use before bed could cause sleep disturbance. The authors suggested that electronic use might displace sleep, since there is no fixed start or end time to electronic use.

Second, media use before bed has been shown to increase physiological, emotional, or mental arousal. This has been established in video game and cell phone studies.

Third, light emissions of screens from electronic media may be affecting sleep according to a study published by Cajochen et al.
<table>
<thead>
<tr>
<th>Day</th>
<th>Twilight start</th>
<th>Sunrise</th>
<th>Sunset</th>
<th>Twilight end</th>
<th>Day length</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Apr 1</td>
<td>6:11:25 am</td>
<td>6:37:37 am</td>
<td>7:21:55 pm</td>
<td>7:48:07 pm</td>
<td>12:44:18</td>
</tr>
<tr>
<td>Sun, Apr 3</td>
<td>6:08:04 am</td>
<td>6:34:21 am</td>
<td>7:24:00 pm</td>
<td>7:50:17 pm</td>
<td>12:49:39</td>
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<tr>
<td>Mon, Apr 4</td>
<td>6:06:24 am</td>
<td>6:32:43 am</td>
<td>7:25:03 pm</td>
<td>7:51:23 pm</td>
<td>12:52:20</td>
</tr>
<tr>
<td>Tue, Apr 5</td>
<td>6:04:44 am</td>
<td>6:31:06 am</td>
<td>7:26:06 pm</td>
<td>7:52:28 pm</td>
<td>12:55:00</td>
</tr>
<tr>
<td>Wed, Apr 6</td>
<td>6:03:04 am</td>
<td>6:29:29 am</td>
<td>7:27:09 pm</td>
<td>7:53:34 pm</td>
<td>12:57:40</td>
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<tr>
<td>Thu, Apr 7</td>
<td>6:01:24 am</td>
<td>6:27:53 am</td>
<td>7:28:11 pm</td>
<td>7:54:40 pm</td>
<td>13:00:18</td>
</tr>
</tbody>
</table>

**Go Outside**
Control (Device Management)

- Move the App AWAY from the Home Screen
- “Specific-Use” Hardware
- Install Self-Control Software
Screen Time

Emily’s iPhone

SCREEN TIME

Today at 9:41 PM

2h 45m

22m above average

Social Networking

1h 13m

Entertainment

50m

Productivity

18m

LIMITS

Social Networking

2 hr

MOST USED

Facebook

32m

YouTube

30m

Instagram

28m

Messages

21m
Control (Content Management)

- Muscle Memory

- Small Bits of Content (Games - Freemium)

- “Do you REALLY need all those subscriptions?”

<table>
<thead>
<tr>
<th>TV Streaming Services</th>
<th>Monthly Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple TV</td>
<td>$4.99</td>
</tr>
<tr>
<td>Hulu (with advertisement)</td>
<td>$5.99</td>
</tr>
<tr>
<td>CBS All Access (with advertisement)</td>
<td>$5.99</td>
</tr>
<tr>
<td>Disney+ (launching on November 12)</td>
<td>$6.99</td>
</tr>
<tr>
<td>Netflix</td>
<td>$8.99</td>
</tr>
<tr>
<td>Amazon Prime Video</td>
<td>$8.99</td>
</tr>
<tr>
<td>Starz</td>
<td>$8.99</td>
</tr>
<tr>
<td>HBO Now</td>
<td>$14.99</td>
</tr>
<tr>
<td>Showtime</td>
<td>$10.99</td>
</tr>
</tbody>
</table>
Control (Content Management)

- **Websites**
  - If there’s a way, turn off “Endless Scrolling”
    - 1. Extensions
    - 2. Disable JavaScript
    - 3. Alternative URL:
      - www.old.reddit.com

- **Apps**
  - “Take a break function”

One place to manage your activity

We’ve added more tools for you to review and manage your photos, videos, account and activity on Instagram.

- **Time spent**
  - See how much time you usually spend on Instagram each day.
  - Daily Average
    - Average time you spent per day using the Instagram app on this device in the last week

- **Manage Your Time**
  - **Set reminder to take breaks**
    - Schedule a reminder to take regular breaks from scrolling.
  - **Set daily time limit**
    - Limit the time you spend on Instagram each day by scheduling a reminder to close the app.
  - **Notification Settings**
    - Choose which Instagram notifications to get. You can also mute push notifications.
**Brooklyn Law School Wellness Resources**

Additional Wellness Resources

Brooklaw Care

ABA: Well-Being Toolkit Nutshell PDF

Mindfulness in Law Society

WSJ: Ergonomics Expert Explains How to Set Up Your Desk

Calm App + 40% Discount

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