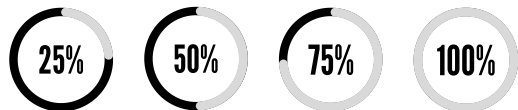




What is Digital Wellness?

Digital wellness isn't just about how technology influences our physical, mental, or emotional health. It also includes our relationship with technology, including our phones, laptops, smartwatches, and other digital devices.

How Often Do You Use Your Phone?



From classes to appointments, it's almost impossible to eliminate technology from your academic life, as most students experience university through a screen. However, there are still ways to enjoy the full campus experience without overusing screens.

● Use a notebook and pen for class!

Instead of typing, write down your notes for your lectures. Not only can this reduce screen time, but it can also improve memory and recall.

● If possible, have classes in person! Students are motivated and committed during in-person classes.

● Attend Student Life events! Attending school events provides opportunities to connect with friends in person rather than through text messages.

Ditch the DOOM SCROLL



Tips to Improve Your Digital Wellness



Notes

Digital wellness can influence your academic success. Poor sleep or social isolation caused by overuse of screens can result in students struggling with concentration, recall, and coursework.

Understand that while technology is a very big part of our lives, using it in moderation is key in having digital wellness!

TRENT



12:00

Notification Center

While in Trent Durham Focus
Outlook, Blackboard, Student Life Instagram

REMINDERS
Dedutter your phone
Go to Settings > General > iPhone Storage
How much storage do you have?
How much do you use?
Delete any apps, videos, or photos you no longer need.

REMINDERS
Go to Messages, WhatsApp, or other Social Apps
Do you regularly check on your friends through social media?
Check on one of your friends or reach out to someone you haven't talked to in a while.

INTERACTIVE GAME & CHALLENGE
Check your Screen Time
Go to Settings > General > Screen Time
What is your daily average screen time?
• For every hour of screen time, name one way to improve your digital health.
What app do you use the most?
• Set a timer for how many hours you'll allow yourself to use the app.