



MODULE 6

SOCIAL MEDIA DETOX AND DIGITAL WELL-BEING



erasmediah.eu



**Co-funded by
the European Union**



Lesson 6.6

Maintaining Balance: Sustaining Digital Wellness



ERASMEDIAH

Educational Reinforcement Against
the Social Media Hyperconnectivity



**Co-funded by
the European Union**

Lesson 6.6

Maintaining Balance: Sustaining Digital Wellness

Objectives:

- To help participants understand the concept of digital wellness and its impact on physical and mental health.
- To provide strategies for balancing technology use with healthy habits to sustain digital well-being.
- To guide participants in creating a personal plan for maintaining digital wellness in their everyday lives.

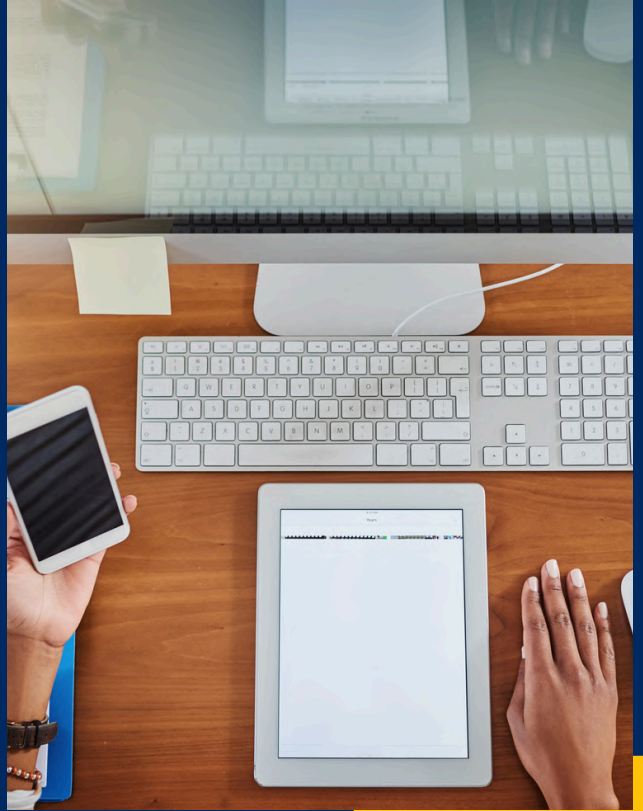
Key Message(s):

- Digital wellness is crucial for both mental and physical health, as excessive screen time can lead to stress, fatigue, and diminished social connections.
- Balanced technology use is about managing screen time, setting boundaries, and incorporating digital detox strategies to protect well-being.
- Self-care practices like mindful technology use, regular breaks, and physical activity are vital in maintaining a healthy relationship with technology.



TYPE OF LESSON:





Lesson Overview

This lesson explores the importance of maintaining a balanced approach to digital technology to promote overall well-being. Participants will learn about digital wellness, identify its benefits, and explore practical strategies for achieving balance in a hyperconnected world. The session is divided into four main tasks, each focusing on a different aspect of digital wellness.

The workshop is organized into 4 steps:

1. Introduction to Digital Wellness (10 min)
2. Identifying Personal Technology Habits (15 min)
3. Setting Boundaries and Practices for Digital Wellness (15 min)
4. Creating a Personal Digital Wellness Plan (10 min)



Step 1

Introduction to Digital Wellness

Did you know that the constant use of technology can have both positive and negative effects on our well-being? Digital wellness is about finding a healthy balance between the use of technology and personal health. While technology can enhance our lives and make tasks easier, excessive screen time and constant connectivity can lead to stress, sleep disruption, and even eye strain.

In this task, we'll explore what digital wellness means and how it impacts our overall well-being.

Take a moment to reflect on your current technology usage:

1. How much time do you spend on screens each day?
2. How does your screen time affect your mood, energy levels, or sleep?



Step 2

Identifying Personal Technology Habits

Have you ever stopped to think about how often you use your devices and what you're using them for? Sometimes, we get so caught up in checking notifications, scrolling through social media, or watching videos, that we lose track of time. These habits can affect our mental health, creating feelings of anxiety, stress, or fatigue.

In this task, we'll reflect on your personal technology habits.

- Write down the types of digital activities you engage in most frequently (e.g., social media, emails, gaming).
- Think about how these activities make you feel—do they leave you energized or drained?



Step 3

Setting Boundaries and Practices for Digital Wellness

It's easy to get caught in the cycle of constant notifications and digital distractions, but establishing boundaries can help you maintain digital wellness. Setting clear limits on when and how you use technology can help reduce stress, improve productivity, and free up time for self-care or face-to-face interactions. In this task, we'll explore strategies for creating boundaries around technology use.

- Identify one area of your digital life where you feel overwhelmed (e.g., too much screen time before bed, checking social media too often).
- Write down one specific boundary you can set to reduce this stress (e.g., no screen time 30 minutes before bed, limiting social media use to 30 minutes a day).



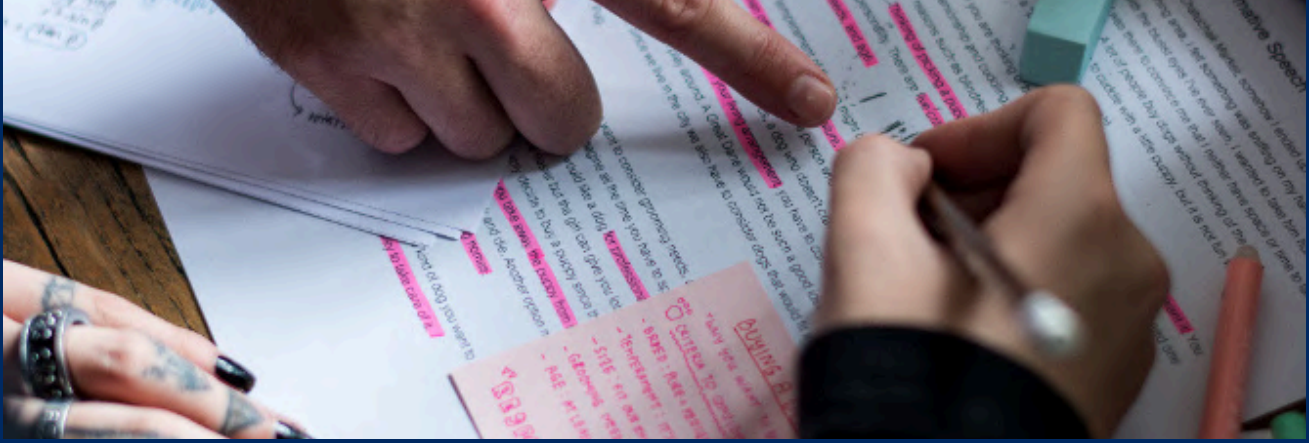
Step 4

Creating a Personal Digital Wellness Plan

Now that you understand the importance of digital wellness and have reflected on your habits, it's time to create a plan to achieve a healthier balance. By setting specific goals and creating a structure for your technology use, you can maintain a better relationship with your devices.

In this task, you'll create a personalized digital wellness plan.

- Write down two goals related to your digital wellness (e.g., reduce screen time, create tech-free zones).
- Break each goal down into manageable steps and set a timeline for achieving them.
- Consider potential challenges (e.g., work commitments, social media temptation) and write down solutions to overcome these obstacles.



Key Takeaway Summary

- Digital wellness is about setting boundaries and mindful use of technology to improve mental and physical health.
- Regular breaks from screens, physical movement, and face-to-face interactions help reduce the negative effects of technology.
- Creating a balanced approach involves reflection, goal-setting, and integrating healthy habits into daily routines.



Instructions for youth workers, educators, and teachers

Objective:

The goal of this lesson is to help participants enhance their communication skills to build stronger connections with others. By focusing on active listening, body language, and clear messaging, participants will learn how to effectively express themselves and better understand others. Teachers should guide students through practical exercises and discussions that highlight the importance of both verbal and non-verbal communication, encouraging them to practice these skills in real-life situations to improve their relationships and personal interactions.

Materials Needed:

- Whiteboard or flipchart
- Markers
- Handouts with communication tips
- A timer for time management
- Paper and pens for group reflection





Step 1: Introduction to Digital Wellness (10 min)

Start by defining digital wellness. Explain that it refers to managing technology use in ways that preserve both mental and physical well-being. Emphasize the importance of striking a balance between being connected and being present in the real world.

Share the potential negative impacts of overuse, such as eye strain, fatigue, anxiety, and reduced social interactions. Also, highlight the positive aspects of digital technology when used mindfully.

Introduce concepts such as digital detox and mindful technology use.

Use an example or case study of someone experiencing digital overload to start the conversation.

Encourage participants to think about how technology impacts their own lives, both positively and negatively.





Step 2: Identifying Personal Technology Habits (15 min)

Have participants reflect on their daily technology usage by completing a Digital Wellness Reflection Worksheet. Include questions such as:

- How many hours per day do you spend on screens?
- Do you notice any physical or emotional effects from prolonged screen time?
- What activities or habits could help reduce your screen time or improve your digital well-being?

After completing the worksheet, ask participants to pair up and share their findings with each other. They should discuss any patterns they observe in their own habits.

Follow up with a short group discussion. Ask participants to share any surprises or realizations they had during the reflection.

Promote openness during the sharing process, and ensure that participants feel comfortable discussing their experiences without judgment.





Step 3: Setting Boundaries and Practices for Digital Wellness (15 min)

Present practical strategies for achieving digital wellness:

- Set screen time limits using apps or devices that track usage and set reminders.
- Create tech-free zones at home or work, such as no phones at the dinner table or in the bedroom.
- Schedule breaks every hour to step away from screens and do a physical activity or mindfulness practice.
- Engage in digital detox by designating specific times, such as weekends or evenings, for no technology use.
- Practice mindful technology use, such as setting intentions for technology use and being aware of emotional responses during online activities.

Ask participants to choose at least two strategies they'd like to implement in their own lives and discuss these choices in small groups.

Encourage participants to start with small, achievable changes. For example, they could begin by reducing screen time by 30 minutes per day and gradually increase this limit.





Step 4: Creating a Personal Digital Wellness Plan (10 min)

Guide participants through creating a Personal Digital Wellness Plan. This plan should include:

- Specific goals for improving digital wellness (e.g., "I will reduce my social media use by 30 minutes each day").
- Action steps for achieving these goals (e.g., "I will set an app usage timer on my phone").
- Timeline for implementation (e.g., "I will start this week and check in after one month").

Have participants write down their plan and pair up to share their commitments with each other. This will help create accountability and encourage follow-through.

Ensure that goals are realistic and manageable. If participants struggle, help them break down larger goals into smaller, more actionable steps.





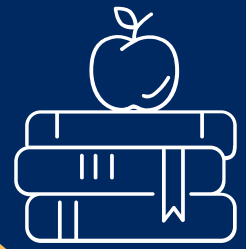
Follow-Up and At-Home Activities

- Encourage participants to review their Personal Digital Wellness Plans regularly. They can use a journaling technique to track progress and reflect on how they feel each week regarding their digital habits.
- Recommend using digital wellness apps that help track screen time and provide feedback on healthy usage patterns.
- As an at-home activity, ask participants to try a one-day digital detox (or a shorter period) to assess how they feel without constant connectivity. They should journal their emotions, challenges, and benefits during this time.

Tips for Teachers:

- Foster an open, non-judgmental atmosphere where participants feel comfortable discussing their technology habits.
- Advise participants to make small adjustments to their routines and gradually build healthy habits rather than attempting drastic changes all at once.
- Share practical examples or case studies of individuals who have successfully integrated digital wellness into their lives.
- Encourage participants to revisit their digital wellness plans regularly and track their progress.
- Model good technology habits by taking breaks from screen-based activities and encouraging offline interactions.





Tools

Forest



Forest is an app that helps you stay focused on the important things in life.

[LINK](#)

Digital Wellbeing



With this Google app, participants can check their digital habits and statistics.

[LINK](#)



References

- Lark Editor Team (2023). Digital Wellbeing: A Guide to Maintaining Balance in the Digital Age. Lark
https://www.larksuite.com/en_us/topics/productivity-glossary/digital-wellbeing
- Patil, D. (2024). Digital Wellness and Self-Care: Finding Balance in a Hyperconnected World. Medium
<https://patildilip23.medium.com/digital-wellness-and-self-care-finding-balance-in-a-hyperconnected-world-00aa985c33bc>





QUIZ

1. What is digital wellness?

- A. Using technology as much as possible
- B. Using technology for work purposes only
- C. Avoiding technology entirely
- D. Managing technology use to promote mental and physical well-being

2. Which of the following is a strategy for improving digital wellness?

- A. Using social media constantly throughout the day
- B. Checking your phone every 5 minutes
- C. Setting screen time limits on devices
- D. Using technology only for entertainment

3. What is a potential consequence of excessive screen time?

- A. Improved memory
- B. Eye strain and fatigue
- D. Increased productivity
- D. Better sleep quality





QUIZ

4. Which practice helps reduce the negative effects of technology use?
- A. Taking regular breaks from screens
 - B. Always multitasking while on devices
 - C. Increasing screen time each day
 - D. Focusing on only one app at a time
5. What is the purpose of a digital wellness plan?
- A. To increase technology use
 - B. To manage and improve technology use for better well-being
 - C. To limit screen time entirely
 - D. To track social media activity only





Solutions

Question 1: D

Question 2: C

Question 3: B

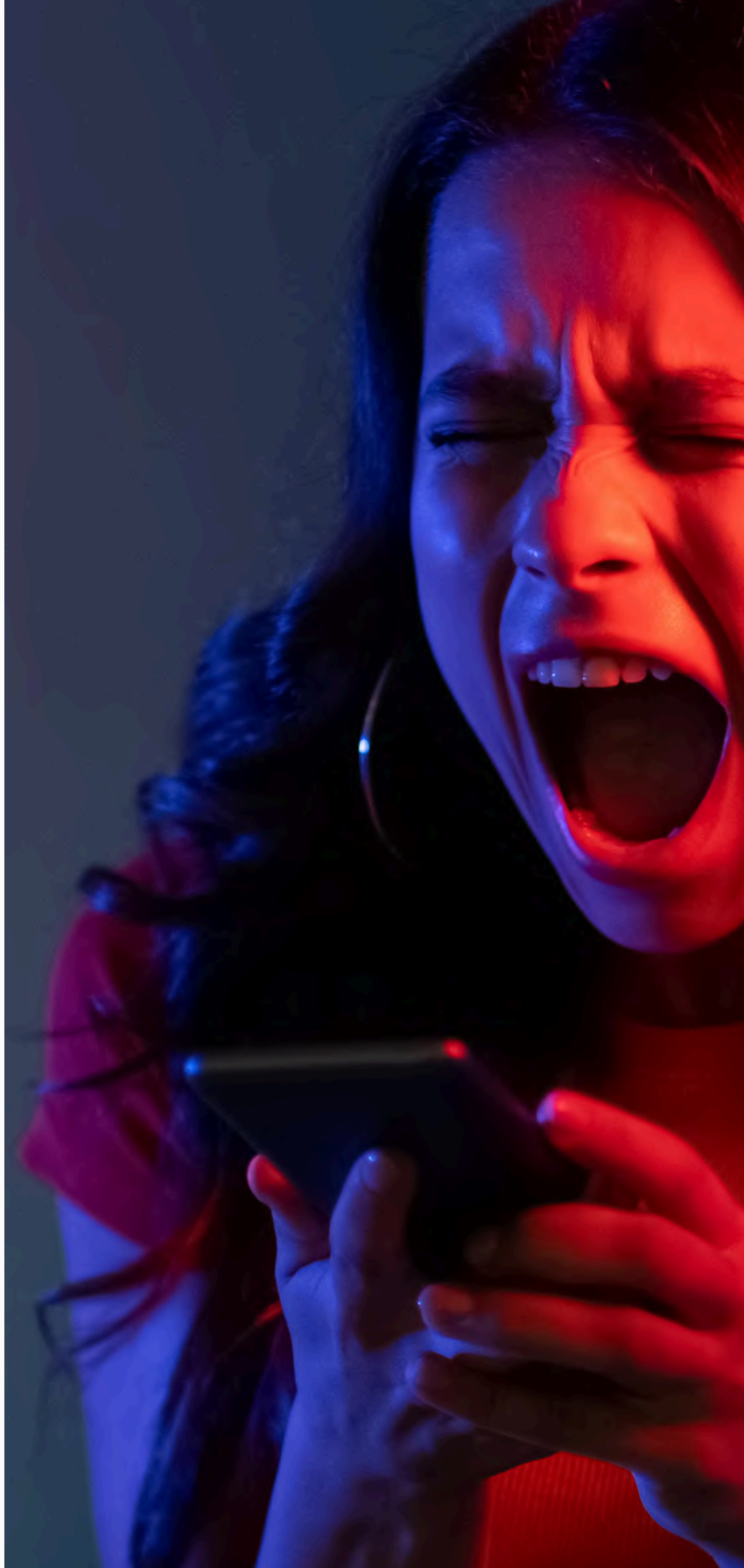
Question 4: A

Question 5: B





Centrum Wspierania
Edukacji
i Przedsiębiorczości



Co-funded by
the European Union