



# Digital Wellness Week

May 10– 15, 2021

Welcome to Digital Wellness Week- a program coordinated by the USC PTC to help us find the digital balance we need to thrive in the 21st century.

Digital Wellness is the optimal state of health and well-being we can all achieve by using technology with intention. It encourages wellness in our digital spaces and in our real lives to move us toward the balance we all seek. Embracing aspects of digital wellness can help us keep the benefits of technology- and ditch the drawbacks!

Throughout Digital Wellness Week, we will explore research, tips and actionable items you can use to help improve how technology affects the following areas of our lives:

## The Digital Wellness Wheel 5 Areas of Digital Wellness

### Community

Any time we are online, we are citizens of the digital world. What we say and what we do online affects our lives and the lives of others. Be responsible, protect yourself, and remember proper online etiquette - or "netiquette".



### Body

Your body is the vehicle that takes you through all of life - treat it well! Protect your sleep, eyes and posture - and move every day.



### Mind

Take control of your time, your attention and your joy! We should choose what to pay attention to and when- devices shouldn't choose for us. Online, focus on things that make you productive and happy.



### School & Work

To boost the productivity and concentration necessary for school (and work) success, we must minimize digital distractions, encourage mono-tasking, and foster work/life balance.



### Family & Friends

Our family and friends provide us with the opportunity for true connection and meaning. Show the people you value that they are more important than anything on a device by using eye contact and setting aside device-free times.



# Digital Wellness Bingo

From May 10-15, we will focus on how to increase digital wellness in Mind, Body, Family & Friends, School & Work, and Community. Digital Wellness is the optimal state of health and well being we can all attain while using technology with intention. It encourages wellness in both our online and offline lives.

Use this Bingo Card as a family to try out new techniques in optimizing digital health. Post your card on social media (use #uscDW) or your fridge to keep you motivated!

mind

body

friends  
& family

school  
& work

community

Meditate (in person, use your favorite app, or check out online options*)	Participate in Go Out and Play* on May 15	Connect with a friend or family member (Facetime or send a positive note)	Turn off notifications to increase productivity	Plan to attend a Screenagers viewing*
Check out a new book from the library (Book lists online*)	Take a FREE online yoga class* or go for a walk	Pick up a tinker/craft crate from the library* to complete together	Keep your phone out of sight when you are working	Check your privacy settings to stay safe
TAKE THE DIGITAL FLOURISHING SURVEY *	TAKE THE DIGITAL FLOURISHING SURVEY *		TAKE THE DIGITAL FLOURISHING SURVEY *	TAKE THE DIGITAL FLOURISHING SURVEY *
Turn off Notifications for peace of mind	Set up a charging station outside of bedrooms	Practice Eye Contact when talking with people	Unplug for a certain amount of time each day	Do something kind for a neighbor
Make a Family Gratitude List	Stop using devices before bed - start with 30 minutes and work up to 1 hour	Have a device free dinner or game night	Set specific times to check social media & email rather than all the time	Always check what your are posting by asking, "Would I say this in person?"

\* Links to activities and more information can be found on our website:

<https://www.uscsd.k12.pa.us/Page/13394>