

# WHAT IS DIGITAL WELLBEING?

Digital wellbeing means thinking about how much time we spend using technology and how it affects our mental, physical and emotional health.

Let's check in on our digital wellbeing.

## Mental Health

How does social media make me think about myself?  
Positive or negative?



## Physical Health

Does technology help me be active? Positive or negative?



## Emotional Health

How do the apps I am using make me feel? Positive or negative?



Checking in on your digital wellbeing is important because we use technology every day! If you have negative answers to the questions above, it's time to take care of your digital wellbeing!

### How to take care of your digital wellbeing.

1. Switch off your phone for a whole weekend!
2. Get rid of apps that make you feel bad!
3. Get active! Exercise can make you feel better!