

LEIGH-CHANTELLE

MODELLING DIGITAL WELLNESS

Shine From Within Online Academy
19 November 2022



ACKNOWLEDGEMENT OF COUNTRY



Here is the land, here is the sky.

Here are your friends and here are mine.

We stand together hand in hand,

To respect and acknowledge the traditional owners
of this land.

**DO
YOU KNOW
THE INDIGENOUS
NAME FOR THE
LAND YOU ARE
ON?**

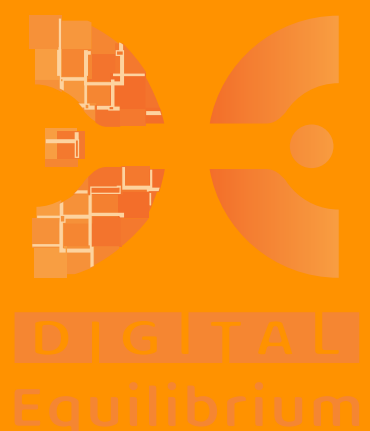
**GRAB A PEN
AND NOTEPAD
TO TAKE NOTES!**

TODAY WE WILL LEARN



-  **About Digital Wellness**
-  **How to understand technology consumption**
-  **How to balance technology needs**
-  **Practices for conscious and mindful healthy digital habits**
-  **Tips and tricks to help use technology as a tool and not a compulsion**
-  **I will be using my Digital Equilibrium Model to help guide you!**

-  **Learn these skills so that you can model healthy online behaviours**



**FEEL
FREE TO TAKE
PHOTOS OR
SCREENSHOTS
OF MY SLIDES**

HI, I'M LEIGH-CHANTELLE!



- ✉ My background: social media marketing, online advertising, and content creation for over two decades
- ✉ Why do we behave, think, and feel certain ways online and how is this influenced by technology?
- ✉ How have online social practices changed how we interact and communicate with others?
- ✉ I was inspired to study due to Sherry Turkle (MIT) and Jamie Bartlett (ex-Demos, now BBC)

HI, I'M LEIGH-CHANTELLE!

- Passionate about cyberpsychology, cybersecurity, and digital wellbeing - particularly mindful and conscious use of technology
- Bachelor of Psychology (first-class Honours) 2020
- PhD candidate at Griffith University (rollout of autonomous vehicles in Australia)
- University Tutor: Interpersonal Skills; Group Facilitation & Coaching Skills; Positive Psychology
- Aim to be a lecturer in cyberpsychology
- Digital wellness educator
- Website: Digital-Equilibrium.com



TELL ME ABOUT YOUR DIGITAL HABITS

- 📱 Have you heard of Digital Wellness?
- 📱 When do you use technology the most in a non-healthy way?
- 📱 Do you think about balancing your technology?
- 📱 Have you thought about what being conscious and mindful online means?
- 📱 Who is the person who influences you the most with your technology habits?

**PLEASE
TYPE IN THE
CHAT BOX OR
RAISE YOUR
HAND TO
SPEAK**



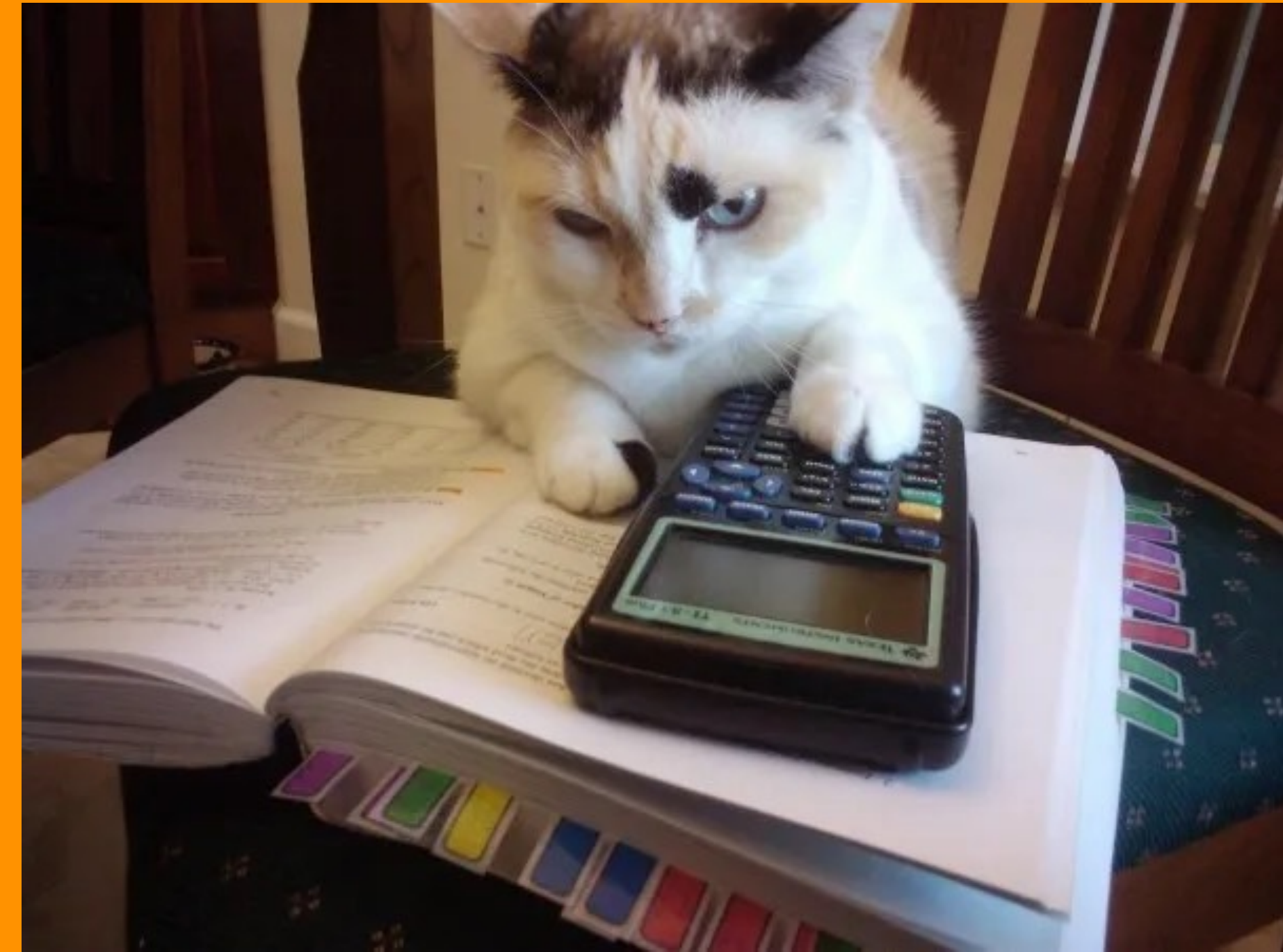
WHAT IS THE ISSUE?

We expect more
from
technology and
less from each
other.

Sherry Turkle

WHAT IS THE ISSUE?

- 📱 We are excessively using technology and digital devices - sometimes at the expense of other important aspects in our life.
- 📱 Need greater awareness of how technology works, why we think, feel, and behave certain ways; and how to balance our technology use.
- 📱 In our always-on digital culture, digital boundaries are essential to thrive in our online spaces and our offline interactions.
- 📱 **Poor digital boundaries can turn devices from tools into compulsions.**



TECHNOLOGY USE

- ☞ The average smartphone owner:
 - ☞ Unlocks their phone **150** times a day (Internet Trends).
 - ☞ Touches their phone **2617** times a day (Dscout).
 - ☞ Spends almost **3** hours a day on their smartphones (Bankmycell).
 - ☞ Will spend an average of almost **5.5** years of their life on social media (Mediakix).
- ☞ **58%** of smartphone users cannot go **1** hour without checking their phone (CNet).
- ☞ **67%** compulsively check smartphone for messages, alerts, or calls, even without a ring or vibration prompt (Digital Wellness Institute).



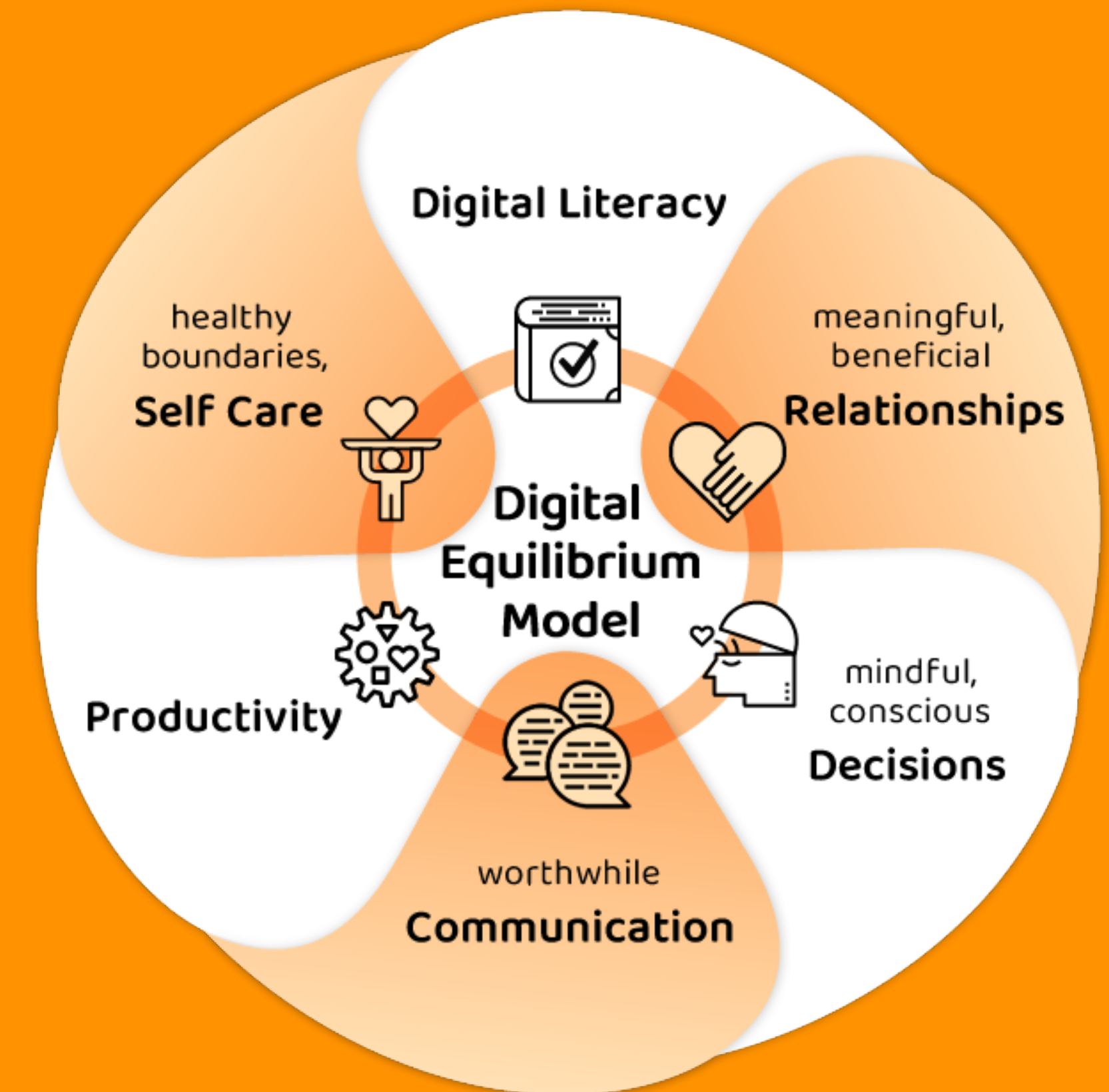
DIGITAL WELLNESS

- 📱 Overwhelm and more technology education is leading to people wanting **technology balance** in their life -> Digital Wellness.
- 📱 **Digital Wellness:** Optimal state of health, personal fulfilment, and social satisfaction each individual is capable of achieving with technology.
- 📱 Digital Wellness is no longer a luxury - it is essential!



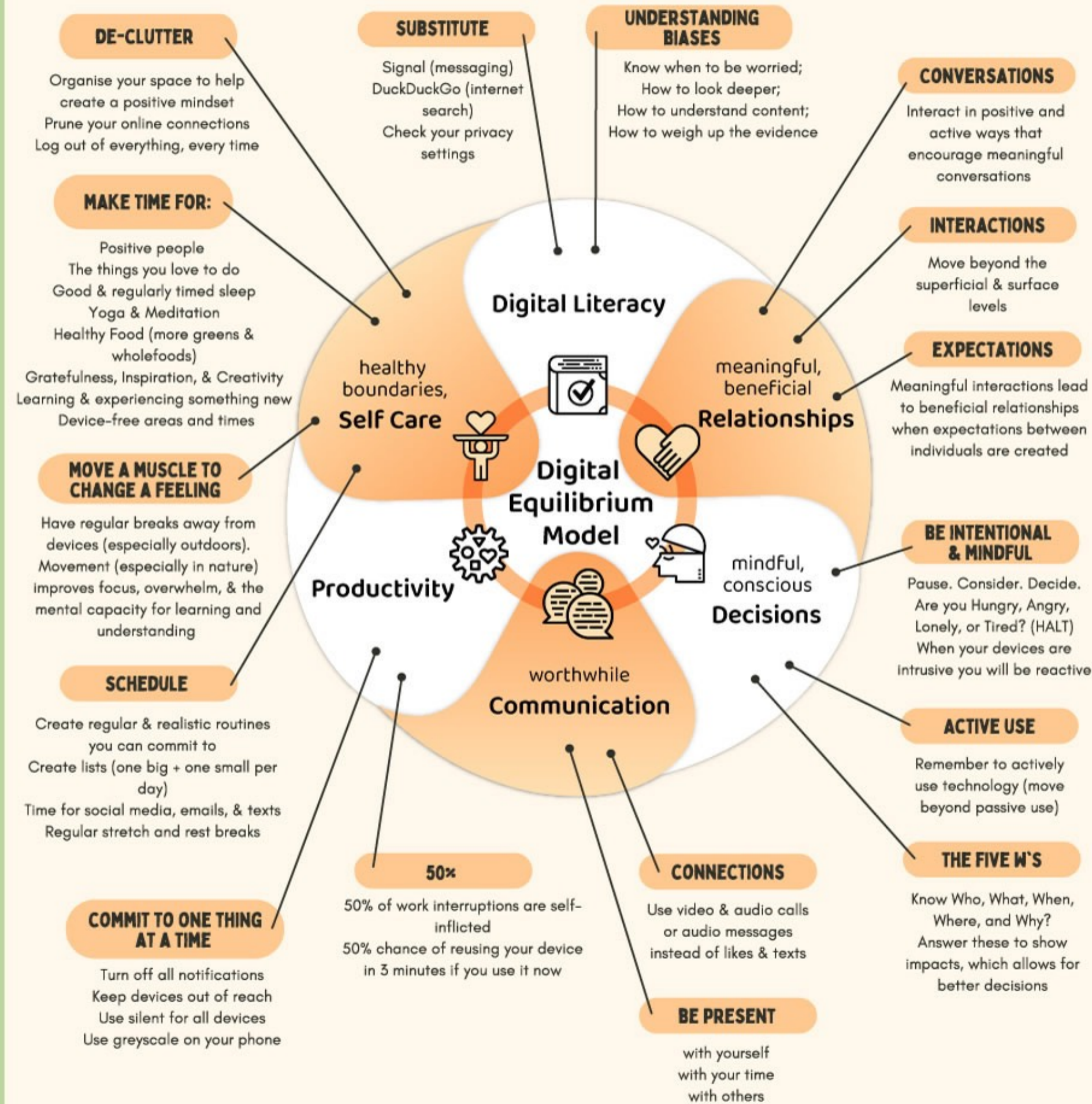
DIGITAL EQUILIBRIUM APPROACH

- 📱 **Digital Equilibrium:** Creating lifelong, healthy digital habits to thrive online and beyond.
- 📱 **Six elements** which all need to be understood and in balance.
- 📱 Identify imbalance, stressors, reactive, addictive, and unconscious behaviours.
- 📱 Manage and change negative and harmful digital behaviours into **positive and healthy digital habits** via balance.



TOP TIPS FOR TECH BALANCE & DIGITAL WELLNESS

by Leigh-Chantelle from Digital Equilibrium

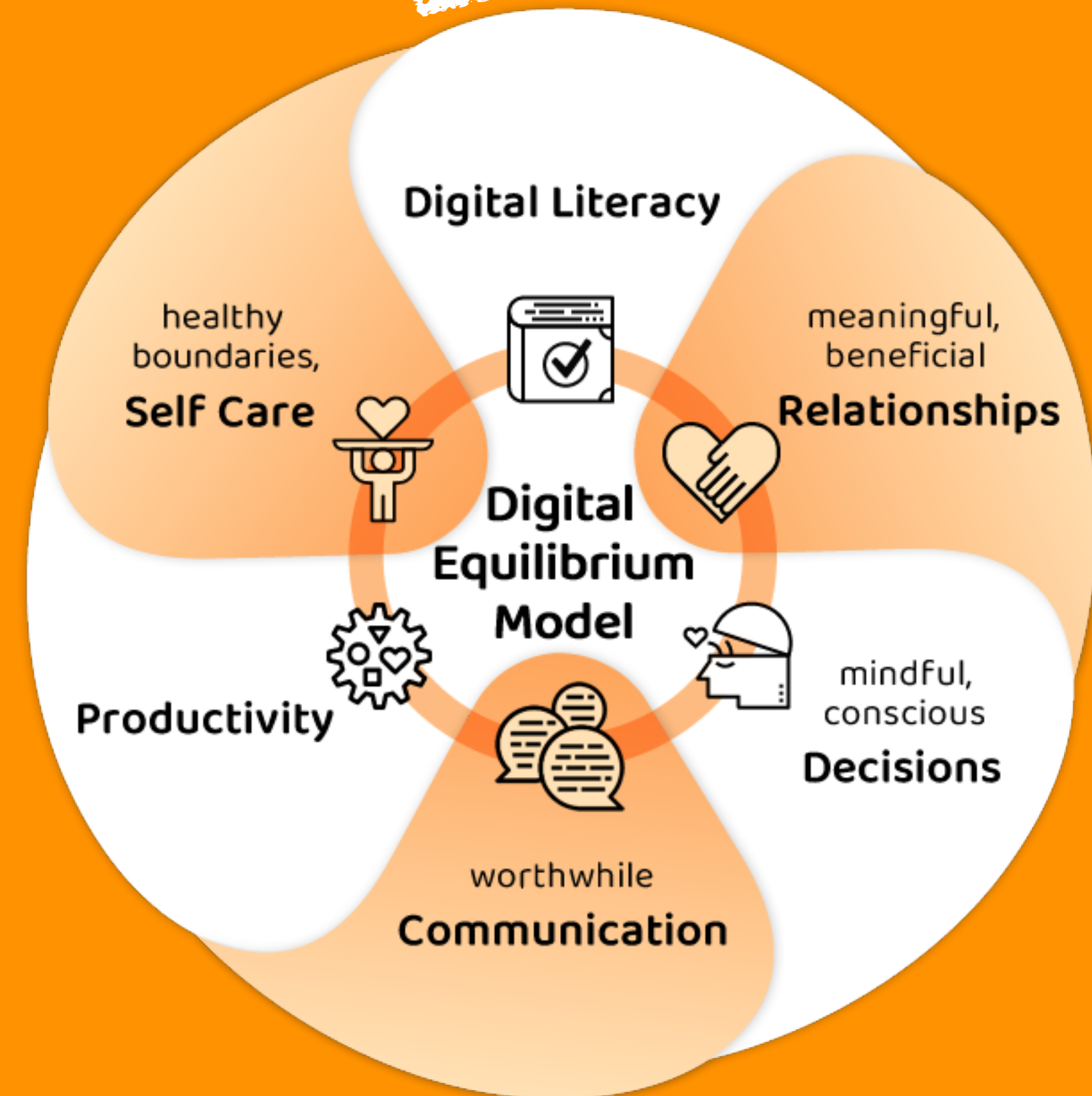


PAUSE, CONSIDER, DECIDE
COST-BENEFIT ANALYSES
REFLECTIONS
TOP TIPS

DIGITAL LITERACY

📱 Digital Literacy is Understanding...

- 📱 Biases
- 📱 Data Security
- 📱 Privacy
- 📱 Persuasive Design
- 📱 Mis/Disinformation



DIGITAL LITERACY

- ❏ Algorithms designed to keep us consuming content and advertising online can lead to echo chambers or filter bubbles where we only see and interact with content we already agree with. This creates polarisation where people with strong differing views are divided and those with moderate views are silenced.
- ❏ Exploitative technologies are everywhere due to lack of collective understanding about how platforms work, how they impact us, and lack of regulations and laws.
- ❏ Unintended consequences take the form of mental health, democracy, and discrimination issues.



DIGITAL LITERACY: TOP TIPS



Substitute:



Signal (messaging)



DuckDuckGo (internet search)



Update your privacy settings



Understanding Biases:



Know when to be worried



How to look deeper



How to understand content



How to weigh up the evidence



When to be Worried

Looking Deeper

- ✓ You have a strong emotional reaction
- ✓ A story seems totally ridiculous — or perfectly confirms your beliefs
- ✓ You're going to spend money because of it
- ✓ You immediately want to amplify the story

Looking Deeper

- ✓ Is it satire?
- ✓ Who's providing the information?
- ✓ What's the scale of the story?
- ✓ If there's an "outrage," are people actually upset?
- ✓ How do different news outlets present the story?

What's the Context?

Check out the Link

Looking Deeper

- ✓ Check the verification
- ✓ Look for names and keywords
- ✓ Find survey and infographic sources
- ✓ Search for quotes
- ✓ Identify photos and videos
- ✓ Consider how time-sensitive the story is
- ✓ See if an old story is still accurate

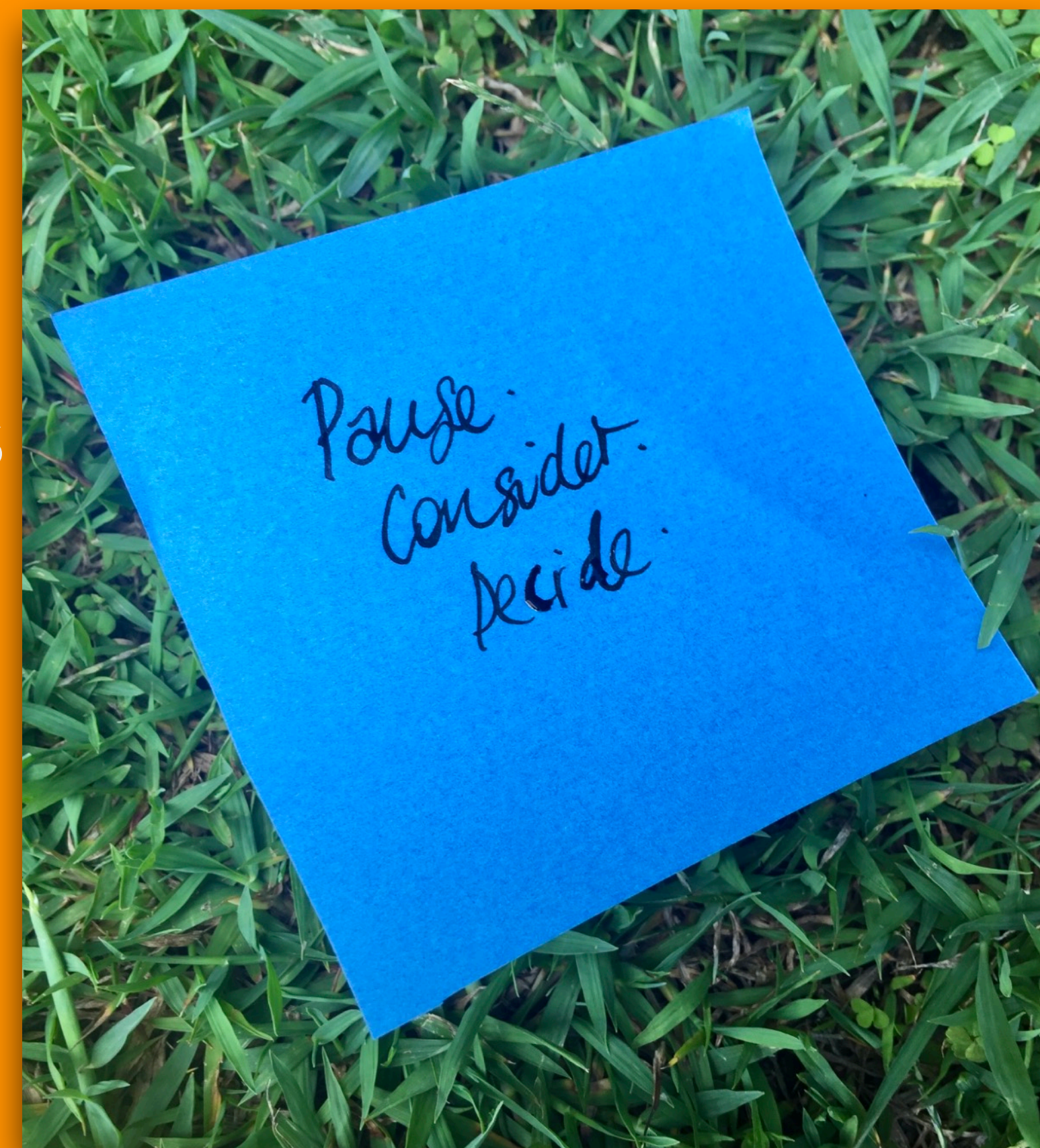
Looking Deeper

- ✓ Are important facts getting left out or distorted?
- ✓ What's the larger narrative?
- ✓ What happens if you're wrong?
- ✓ Why share this story?

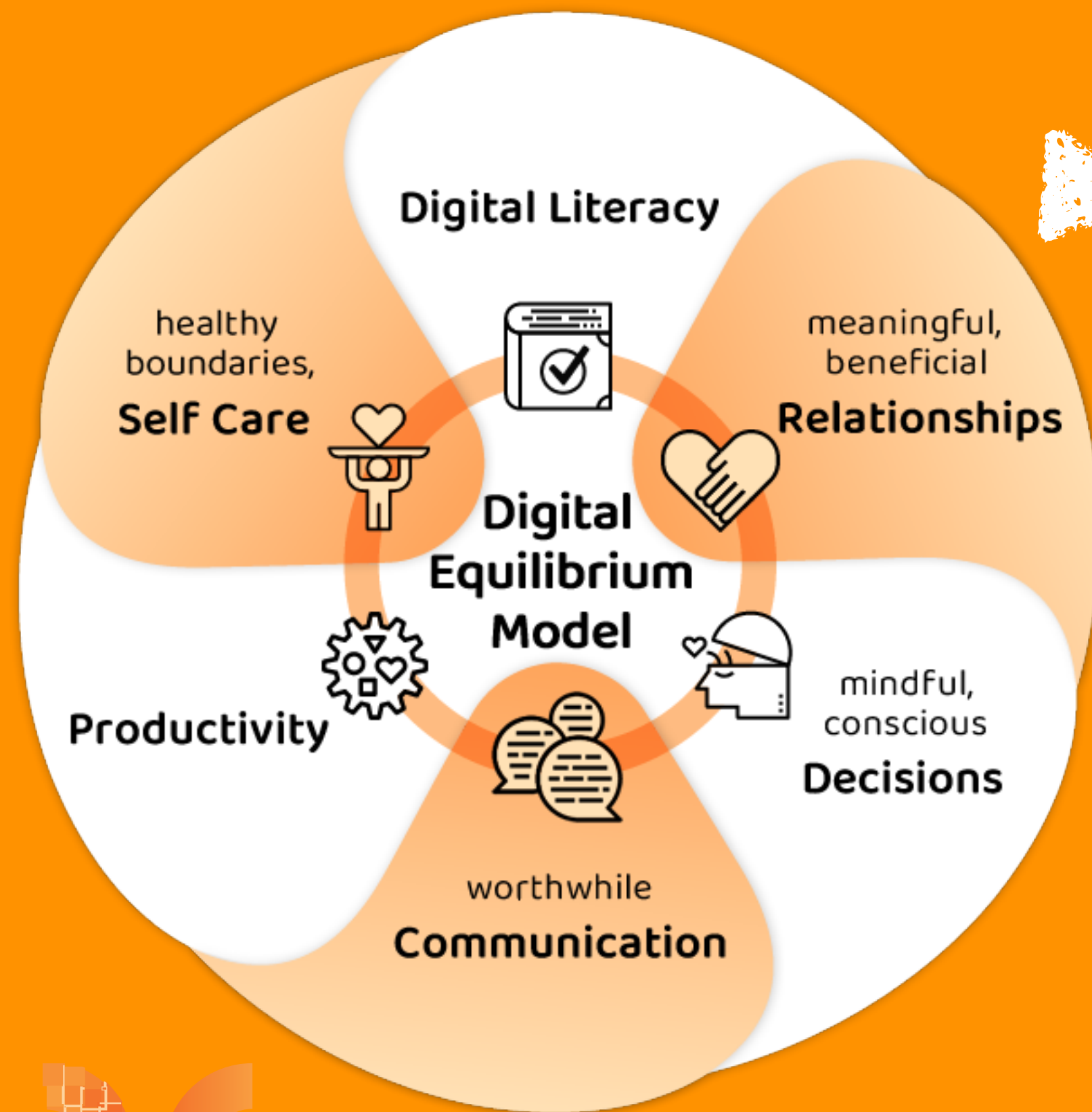
Weigh up the Evidence

DIGITAL LITERACY: PAUSE, CONSIDER, DECIDE

- 📱 **Pause:** The next time something upsets you online...
- 📱 **Consider:** Why do I have a strong emotional reaction to this?
- 📱 **Decide:** Not to get caught up in the outrage. Look into the topic later when the sensitivity has calmed down and I can Act instead of React.
- 📱 **To Action:** Watch *The Social Dilemma* and read their Discussion and Action Guide.



MEANINGFUL INTERACTIONS & BENEFICIAL RELATIONSHIPS



- ☒ **Meaningful Interactions:**
 - ☒ Mutual influences
 - ☒ Focus on honest, creative, inspirational, knowledgeable, positive people who bring you joy.
- ☒ **Beneficial Relationships:**
 - ☒ Connection and support
 - ☒ Comprised of patterns of quality interactions
- ☒ **Meaningful Interactions can lead to Beneficial Relationships when expectations between individuals are created.**

MEANINGFUL INTERACTIONS & BENEFICIAL RELATIONSHIPS

- 📱 Infinite choice is an issue leading to overwhelm.
- 📱 Maximisers exhaustively seek “the best”, compare decisions with others, expend more time and energy, and are *unhappier* with outcomes.
- 📱 Satisficers accept “good enough”, do not obsess over other options, can move on after decisions, and are *happier* with outcomes.

WHICH
ONE ARE
YOU? WHY?



MEANINGFUL INTERACTIONS & BENEFICIAL RELATIONSHIPS: TOP TIPS

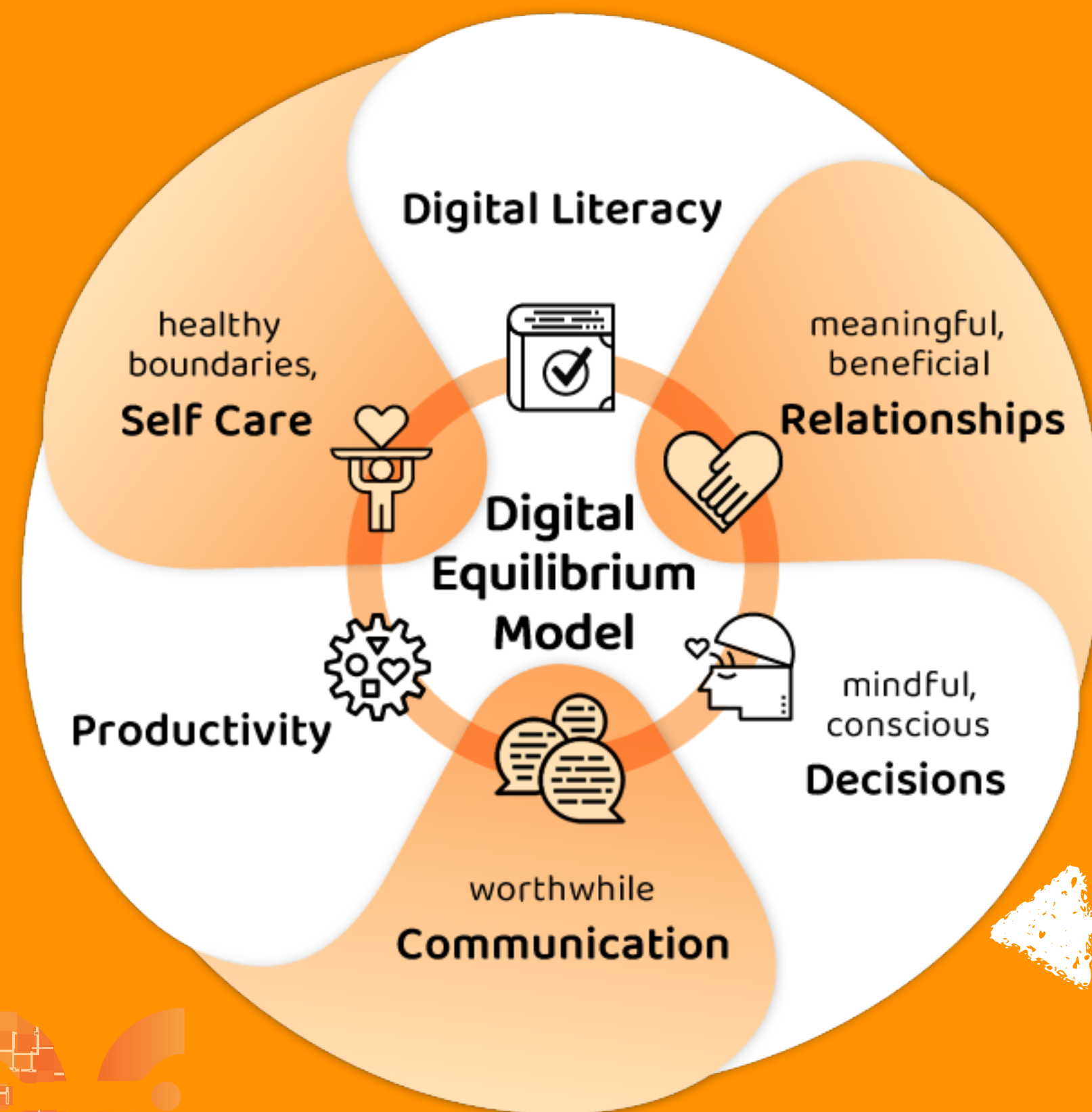
- 📱 Conversations:
 - 📱 Interact in positive and active ways that encourage meaningful conversations.
- 📱 Interactions:
 - 📱 Move beyond the superficial and surface levels.
- 📱 Expectations:
 - 📱 Meaningful interactions lead to beneficial relationships when expectations between individuals are created.



MEANINGFUL INTERACTIONS & BENEFICIAL RELATIONSHIPS: PAUSE, CONSIDER, DECIDE

- 📱 **Pause:** When viewing the massive amount of people you could follow and connect with online...
- 📱 **Consider:** Do you need to follow anyone else or should you focus on people you already are connected with?
- 📱 **Decide:** Try to not get distracted with potential connections and focus on your already-existing relationships. Organise to catch up in-person (or online) with the people you enjoy chatting with.
- 📱 **To Action:** Focus on interacting mindfully online, aim to connect meaningfully with people, and trying not to get caught up in superficial interactions and conversations.

MINDFUL & CONSCIOUS DECISION-MAKING

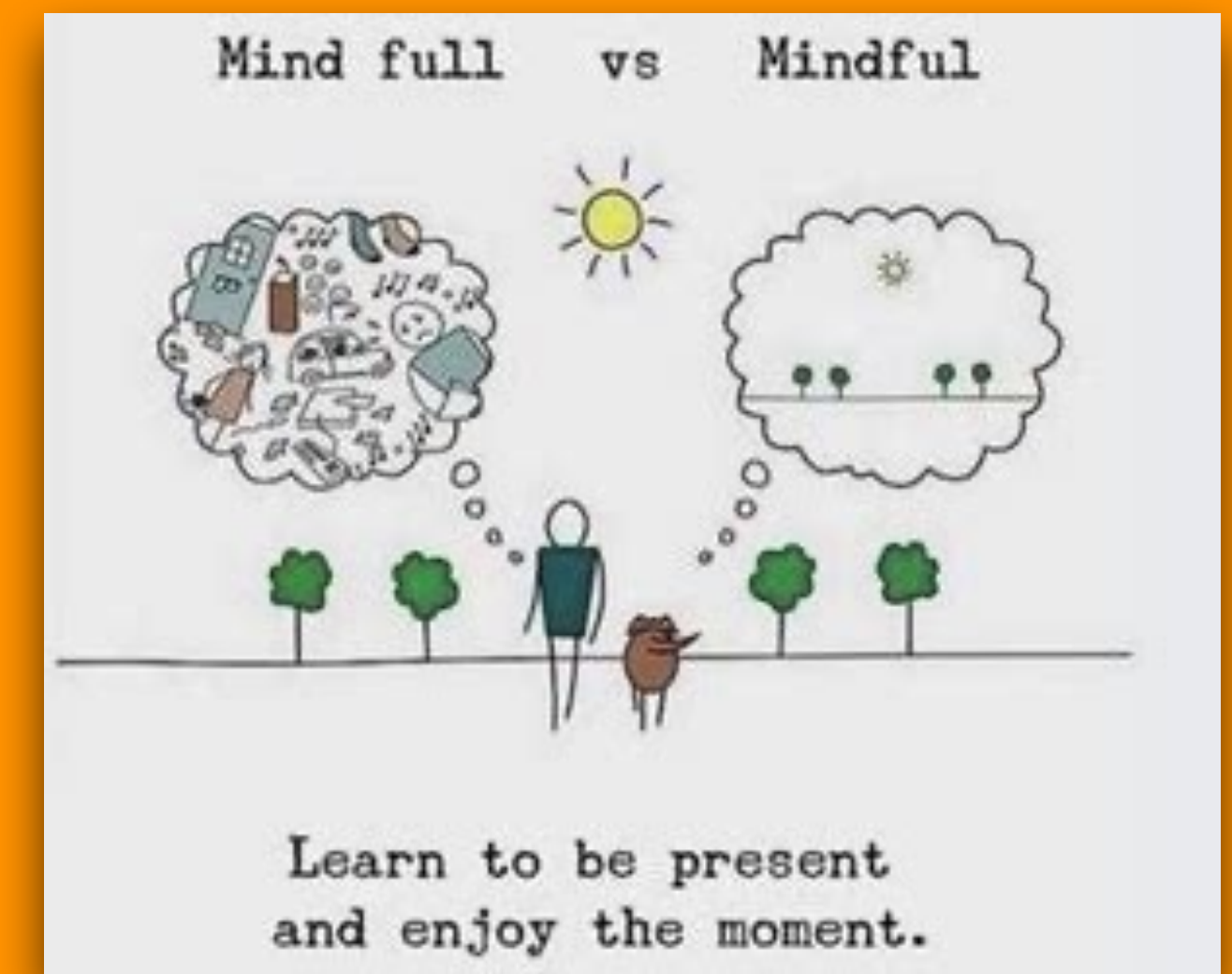


- 📱 **Mindful & Conscious Decision-Making:**
- 📱 Choose where you direct attention.
- 📱 Less reactive responses (Act don't React)
- 📱 Intentional and active technology use (less passive use)

When your devices are intrusive you will be reactive

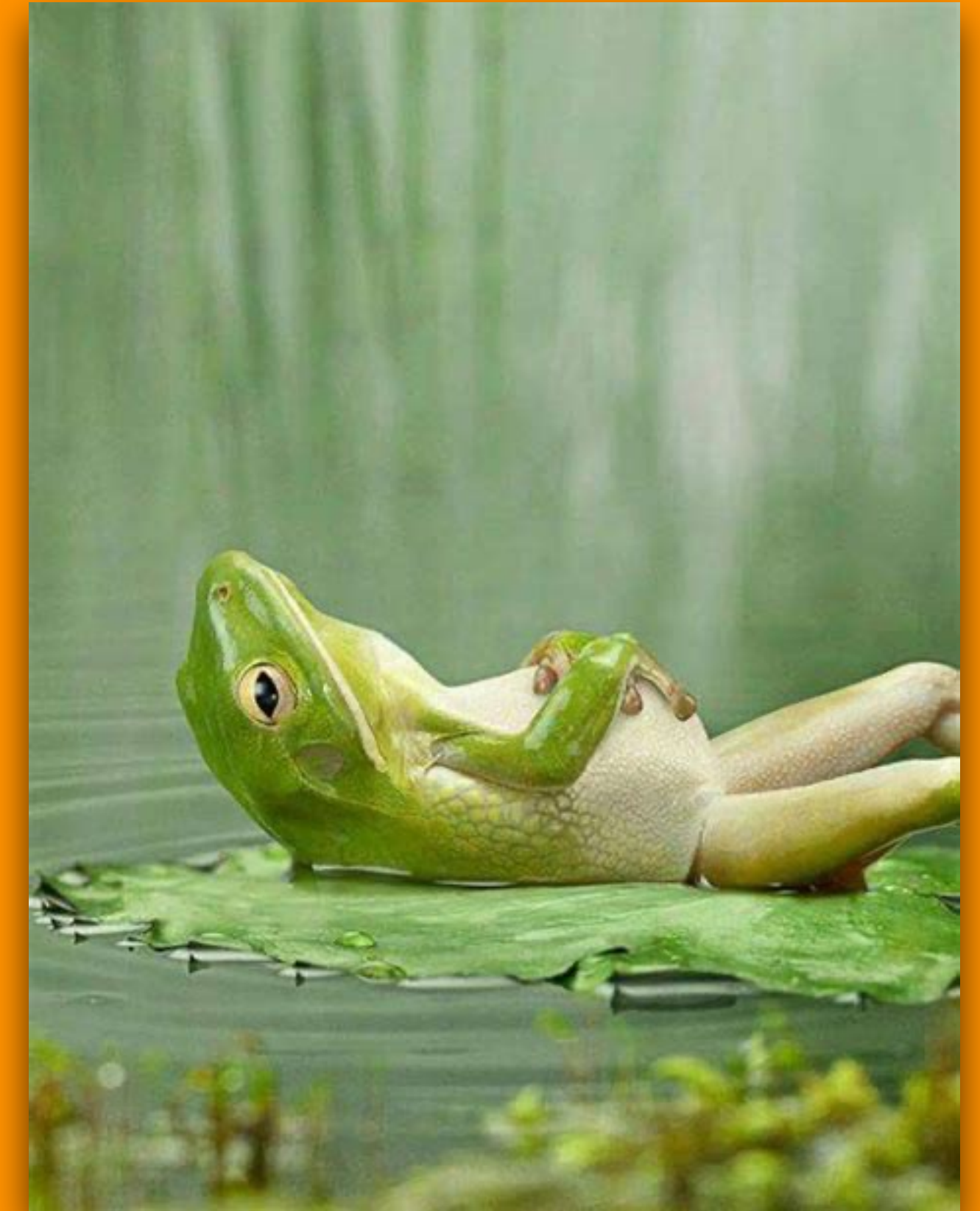
MINDFUL & CONSCIOUS DECISION-MAKING

- ❏ “Rational” and “emotional” systems control human decision-making outcomes, which have different associations in your brain (Evans).
- ❏ **Mindfulness is conscious perception of the present** when being open, receptive, and non-judgemental.
- ❏ An intentional approach helps to holistically think about how, when, where, and why we interact with technology, which shows the effects of our choices, allowing for better decision-making.



MINDFUL & CONSCIOUS DECISION-MAKING: TOP TIPS

- ☒ Be Intentional & Mindful:
 - ☒ Pause. Consider. Decide.
 - ☒ Are you Hungry, Angry, Lonely, or Tired? (HALT)
- ☒ Active Use:
 - ☒ Remember to actively use technology (move beyond passive use)
- ☒ The Five Ws:
 - ☒ Know Who, What, When, Where, and Why?
 - ☒ Answer these to show impacts, which allows for better decisions



MINDFUL & CONSCIOUS DECISION-MAKING:

PAUSE, CONSIDER, DECIDE

- 📱 **Pause:** When you are about to start scrolling online...
- 📱 **Consider:** Why do you want to do this now? Remember HALT? Are you hungry, angry, lonely, or tired?
- 📱 **Decide:** You are feeling angry and understand that when angry you don't make the best decisions, therefore, spend 10 minutes (only) looking at animal videos (which always make you feel better), and then log off.
- 📱 **To Action:** Think about your social media usage and whether or not your values line up with how you are spending your time online. Write down the changes you would like to make. Writing your goal down makes you **40% more likely to achieve it!**

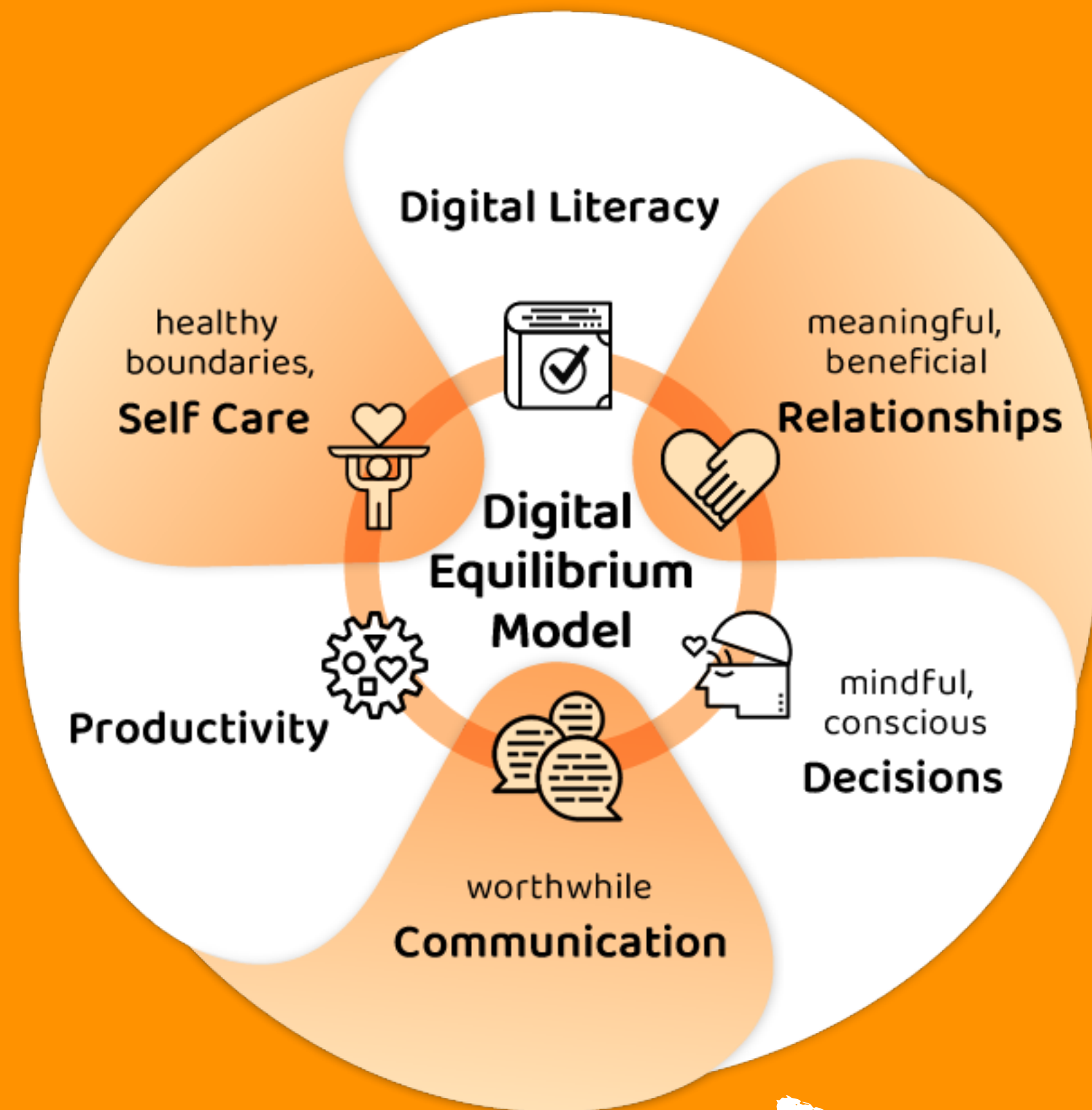


Mindfulness Exercise: Tree Visualisation



DIGITAL
Equilibrium

WORTHWHILE COMMUNICATION



- 📱 **Worthwhile Communication:**
- 📱 Exchange of relevant and quality information
- 📱 Technology used to facilitate (not replace) human interactions

WORTHWHILE COMMUNICATION

- 📱 Non-verbal cues, behaviours, and body language serve as **social value signals** to help us work out how others value us, which is translated into how we feel about ourselves...
- 📱 This is hard to achieve online, but we are adaptable, and can update how we interact based on **intentions**, such as goal of the interaction and individual styles.
- 📱 There's a difference between freedom of speech and freedom of reach (Aza Raskin & Renee DiResta) - the more followers someone has, the more potential people will read/share/believe a post, whether or not it's true

WORTHWHILE COMMUNICATION: TOP TIPS

- 📱 **Connections:**
 - 📱 Use video & audio calls or audio messages instead of likes & texts
- 📱 **Be Present:**
 - 📱 with yourself
 - 📱 with your time
 - 📱 with others



Josef Friedhuber

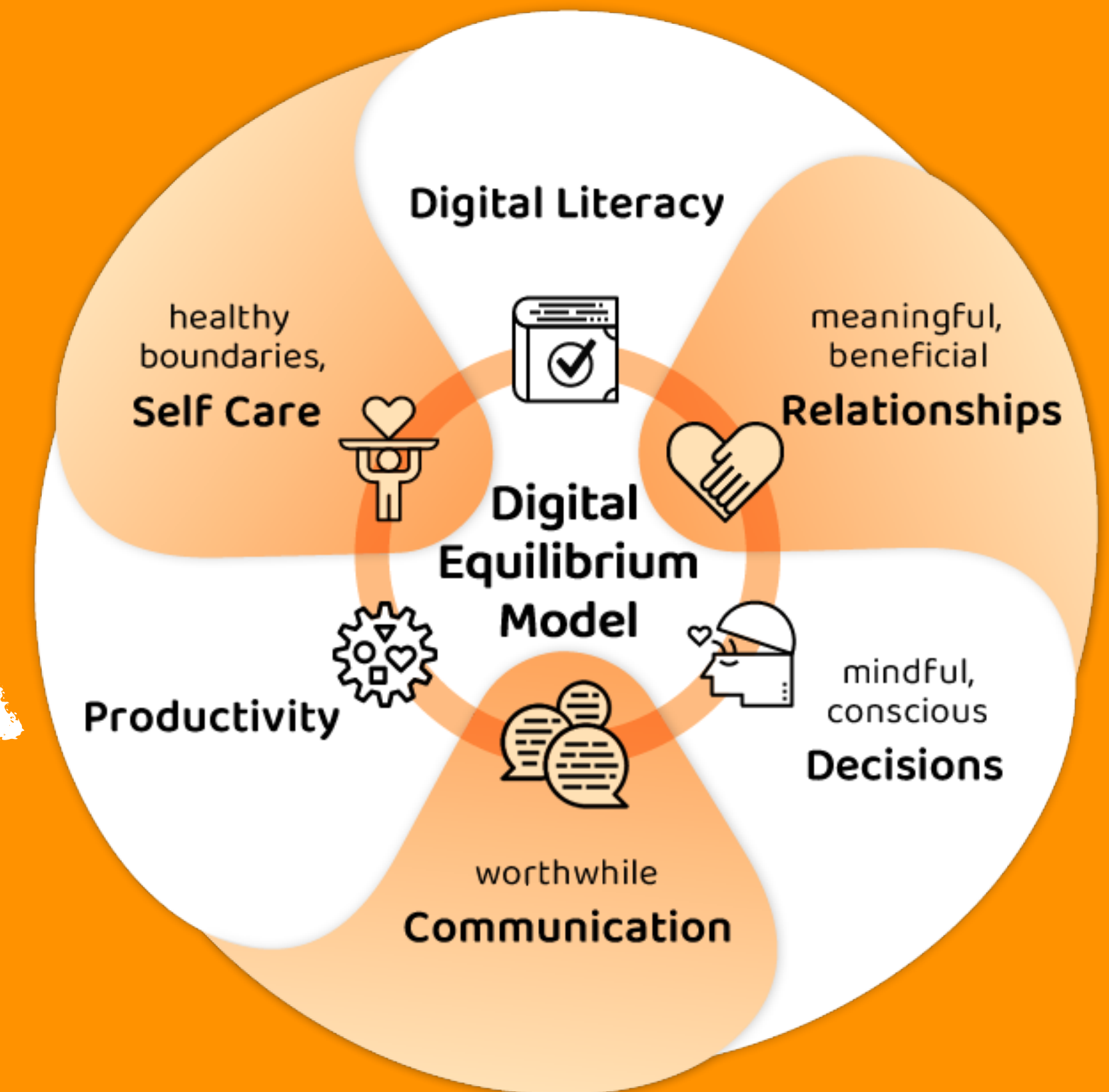
WORTHWHILE COMMUNICATION: PAUSE, CONSIDER, DECIDE

- 📱 **Pause:** Before sharing another link about the latest news outrage for the day...
- 📱 **Consider:** Am I offering anything new to the conversation?
- 📱 **Decide:** I will not share my views online, but share it with a couple of my friends who will understand and not judge me.
- 📱 **To Action:** Take the time to organise to speak with your top three friends in the next few weeks - in person, on Skype/Zoom, or on the phone.



PRODUCTIVITY

- Productivity:
- Efficiency
- Time and energy management
- Work and study from home
- Minimise distractions
- Emphasise focus and goals
- Balance of work and financial goals with mental, emotional, physical, social, and spiritual



PRODUCTIVITY

- ❏ Our always-on culture (needing to be constantly connected even when the actual need is absent) leads to distractions and shallow work (distracted with little value) rather than deep work (complete focus on demanding tasks)
- ❏ Since COVID, “how to get your brain to focus” online searches increased by 300%.
- ❏ Unfocused time online fuels feelings of anxiety and increases the risk of depression (Digital Wellness Institute, 2020).
- ❏ 50% of work interruptions are self-inflicted
- ❏ 50% chance of reusing your device in 3 minutes if you use it now



PRODUCTIVITY: TOP TIPS

- 📱 Commit to One Thing at a Time:
 - 📱 Turn off all notifications <- my #1 top tip!
 - 📱 Keep devices out of reach
 - 📱 Use silent for all devices
 - 📱 Use greyscale on your phone
- 📱 Schedule:
 - 📱 Create regular & realistic routines you can commit to.
 - 📱 Create lists and achieve one large and one small goal per day.
 - 📱 Time for social media, emails, & texts.
 - 📱 Regular stretch, rest, and device-free breaks.



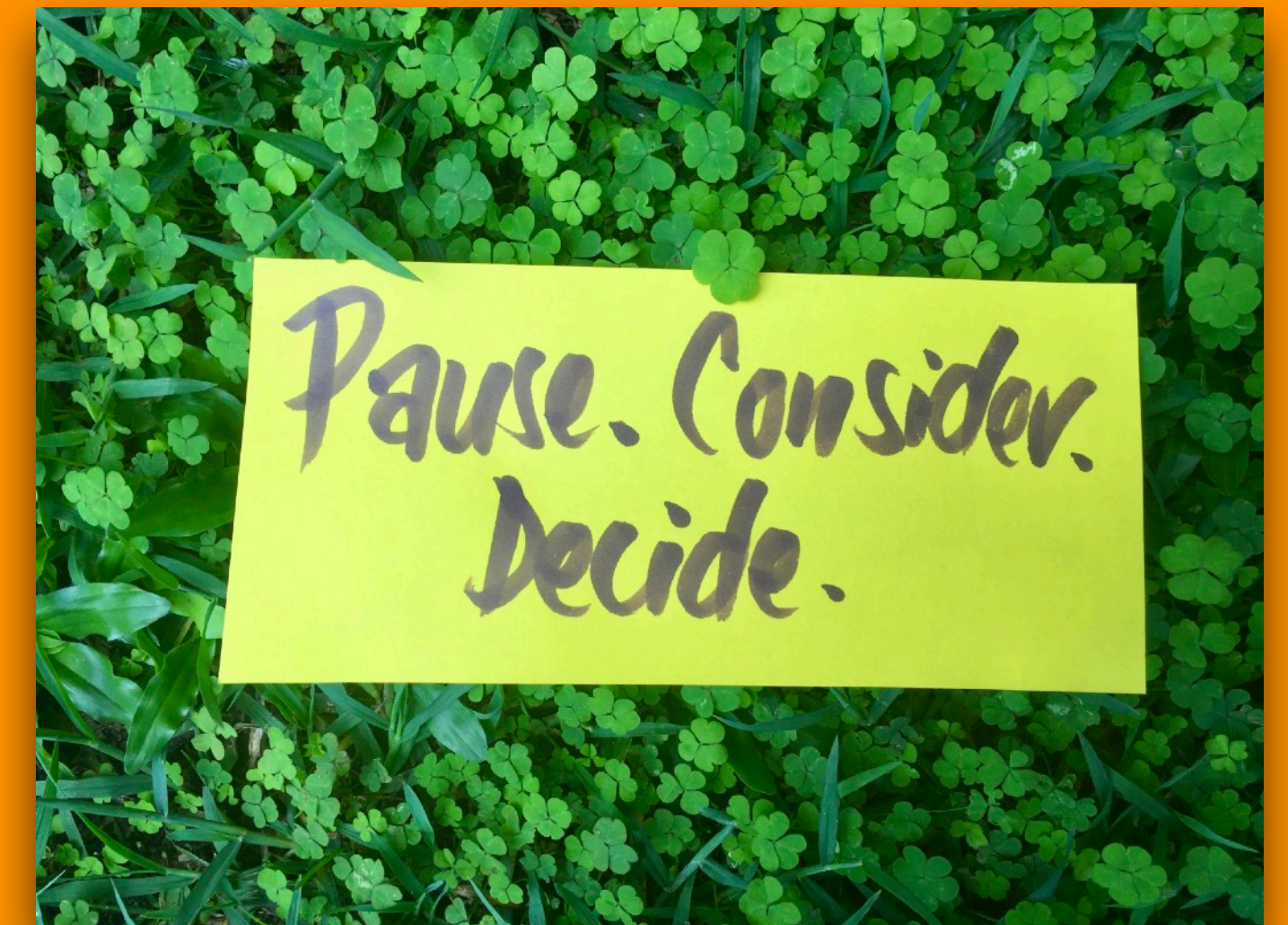
PRODUCTIVITY: PAUSE, CONSIDER, DECIDE

📱 **Pause:** When you are about to check your phone (due to notifications)...

📱 **Consider:** Do I need to be checking right now?

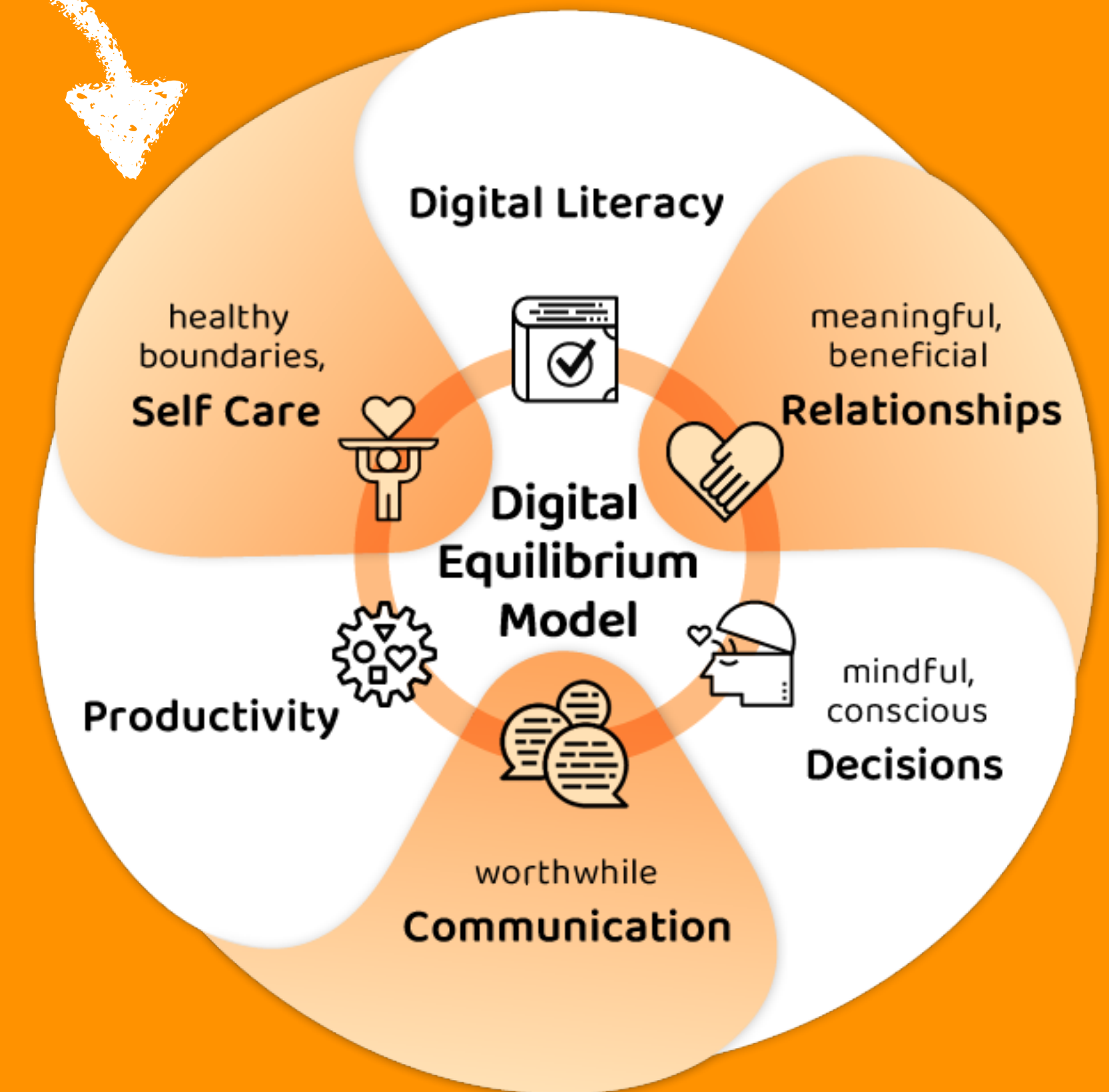
📱 **Decide:** I need to focus on my work, so will check later when I have my next break.

📱 **To Action:** Set some time aside this week to turn off ALL your notifications from things other than people.



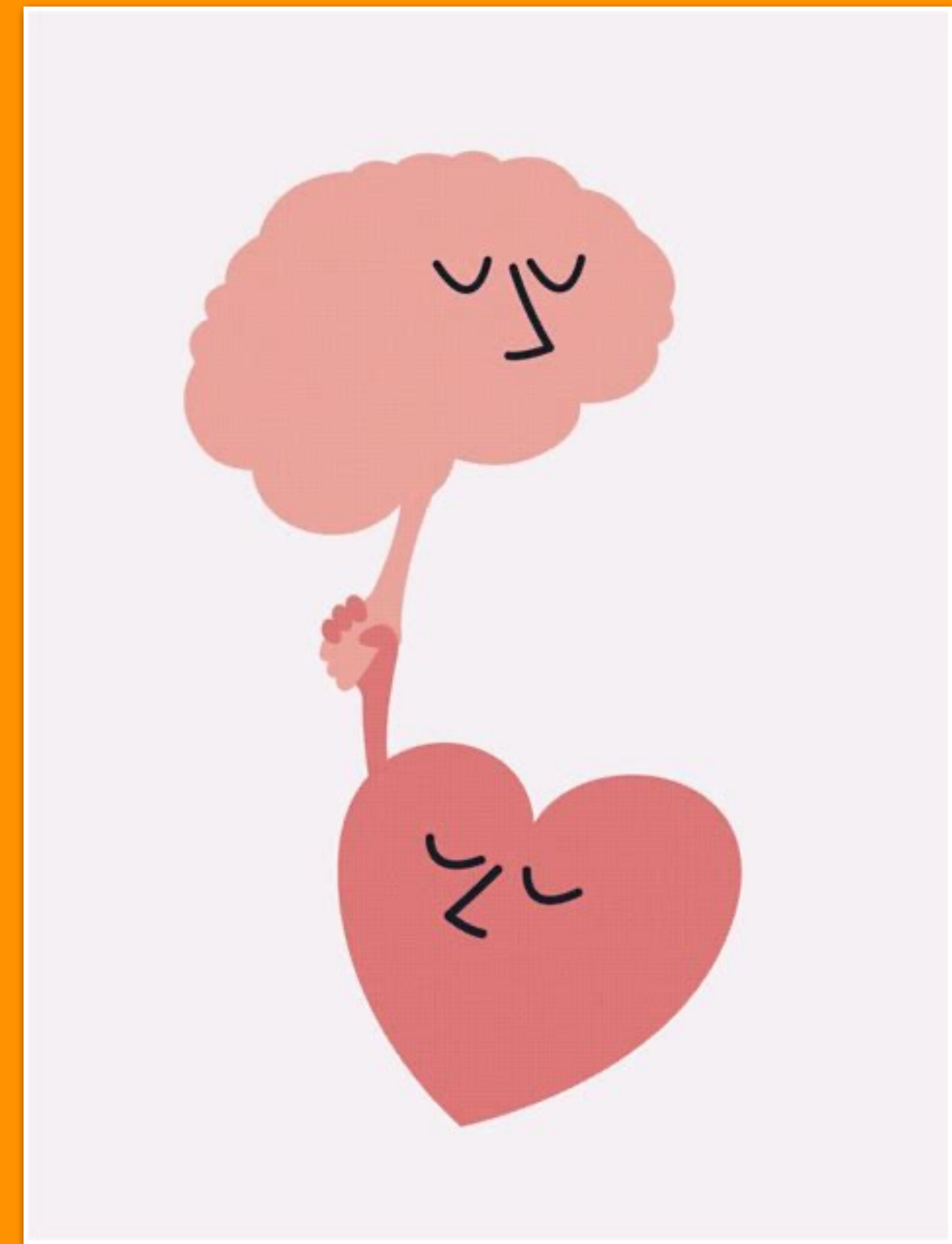
HEALTHY BOUNDARIES & SELF-CARE

- 📱 **Healthy Boundaries & Self-Care:**
 - 📱 Understand needs and be able to express expectations and boundaries.
 - 📱 Mind, body, social, and spiritual
 - 📱 Physical and online environments
 - 📱 Quality and healthful food
 - 📱 Proper sleep
 - 📱 Movement, breaks, and exercise
 - 📱 Time outside and in nature
 - 📱 Gratitude, wellbeing, & mental health



HEALTHY BOUNDARIES & SELF-CARE

- 📱 Almost 60% of people experience screen-related aches and pains, causing physical drain and less productivity. But 2/3 of these said they turn their phone on first thing in the morning (OnePoll, 2020).
- 📱 Higher social media use is correlated with self-reported declines in mental and physical health and life satisfaction (American Journal of Epidemiology).
- 📱 Nature is an antidote to overwhelm, attention fatigue, and enhances cognitive performance (Psychological Science).



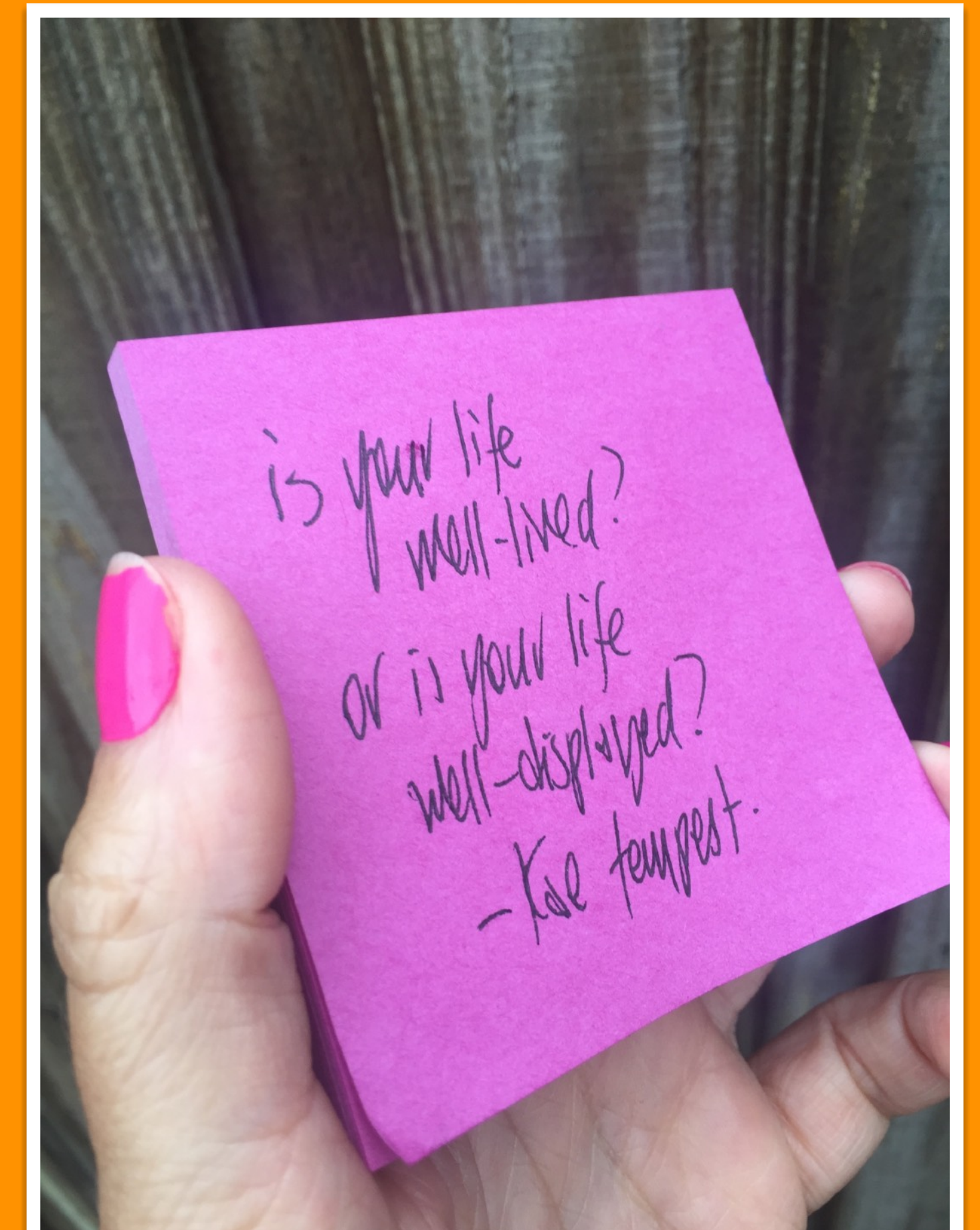
HEALTHY BOUNDARIES & SELF-CARE: TOP TIPS

- 📱 Move a Muscle to Change a Feeling:
 - 📱 Have regular breaks away from devices (especially outdoors).
 - 📱 Movement (especially in nature) improves focus, overwhelm, & the mental capacity for learning and understanding.
- 📱 De-Clutter:
 - 📱 Organise your space to help create a positive mindset.
 - 📱 Prune your online connections.
 - 📱 Log out of everything, every time.



HEALTHY BOUNDARIES & SELF-CARE: TOP TIPS

- 📱 Make Time For:
 - 📱 Positive people
 - 📱 The things you love to do
 - 📱 Good & regularly-timed sleep
 - 📱 Yoga & meditation
 - 📱 Healthy food (more greens & whole foods)
 - 📱 Gratefulness, inspiration, & creativity
 - 📱 Learning & experiencing something new
 - 📱 Device-free areas and times



HEALTHY BOUNDARIES & SELF-CARE:

PAUSE, CONSIDER, DECIDE

- 📱 **Pause:** When you are at your desk for a long time...
- 📱 **Consider:** Could I use this moment to move a muscle and change a feeling?
- 📱 **Decide:** To take a short break focusing on movement such as stretches, walk around when having a cup of tea/coffee, go for a short walk around the block, or catch up with a friend to do something active together.
- 📱 **To Action:** Clean up your emails, desktop images, and your desk. Factor in time for movement AND downtime away from screens.



REMEMBER...

"the PRICE of
ANYTHING is
the AMOUNT
of LIFE you
EXCHANGE
for IT."

HENRY DAVID THOREAU
@POSITIVELYPRESENT



REFLECT & SHARE

- What have you learned today?
- What is the first thing that you will try?
- When do you think you will action this? (i.e., today!)
- When do you think you might struggle the most? (i.e., before bed).
- Who is the person you want to influence the most?
- Who do you think will struggle the most when you instil these changes? (i.e., your family, your friends).
- Where do you think you could share these skills? (i.e., at school).

What I have shared today are tips and tricks that have helped me for over a decade.

Remember to give these aspects a go, but know that it is up to you what you decide to action!



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TYPE IN THE
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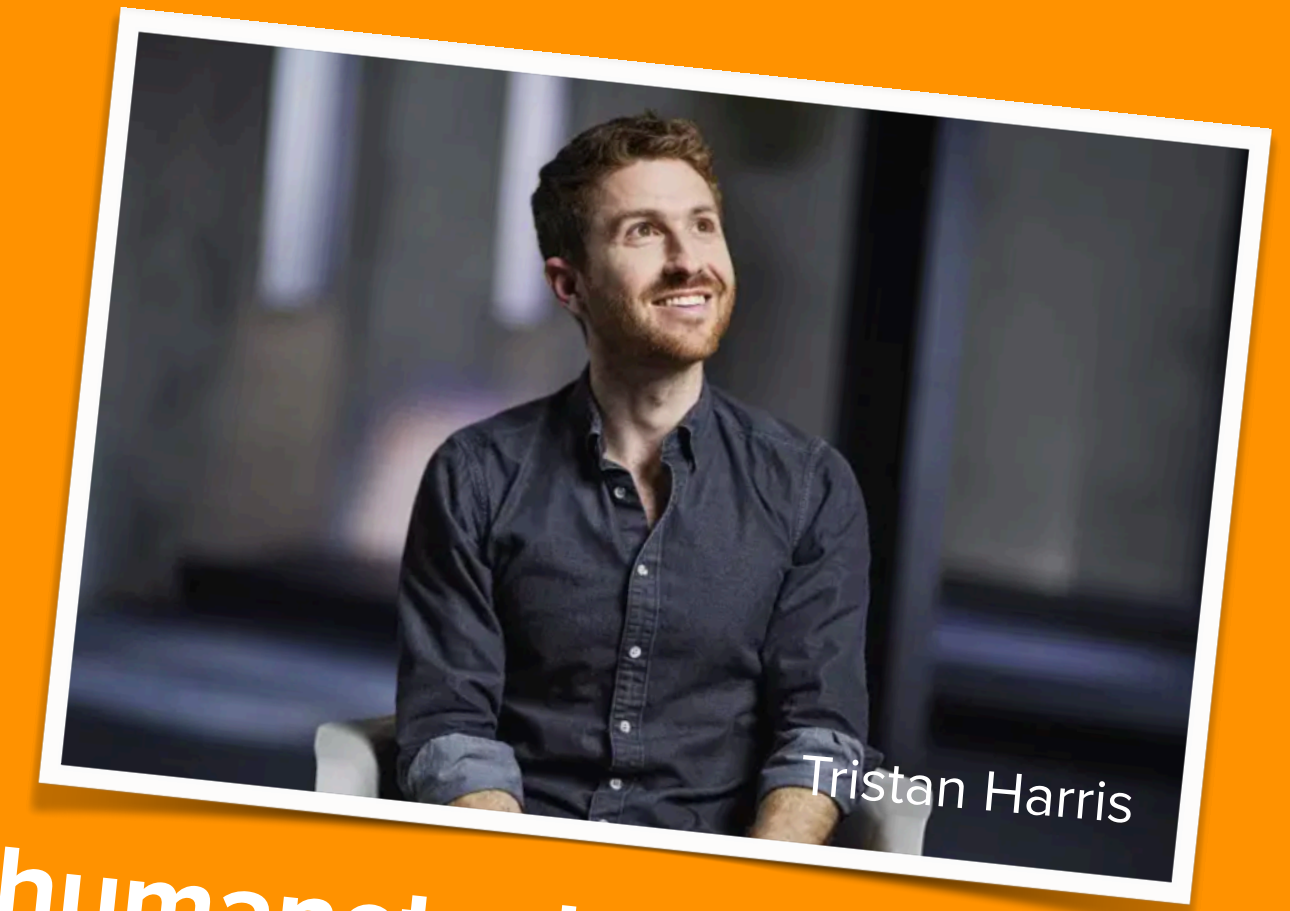
WATCH, READ, & LISTEN



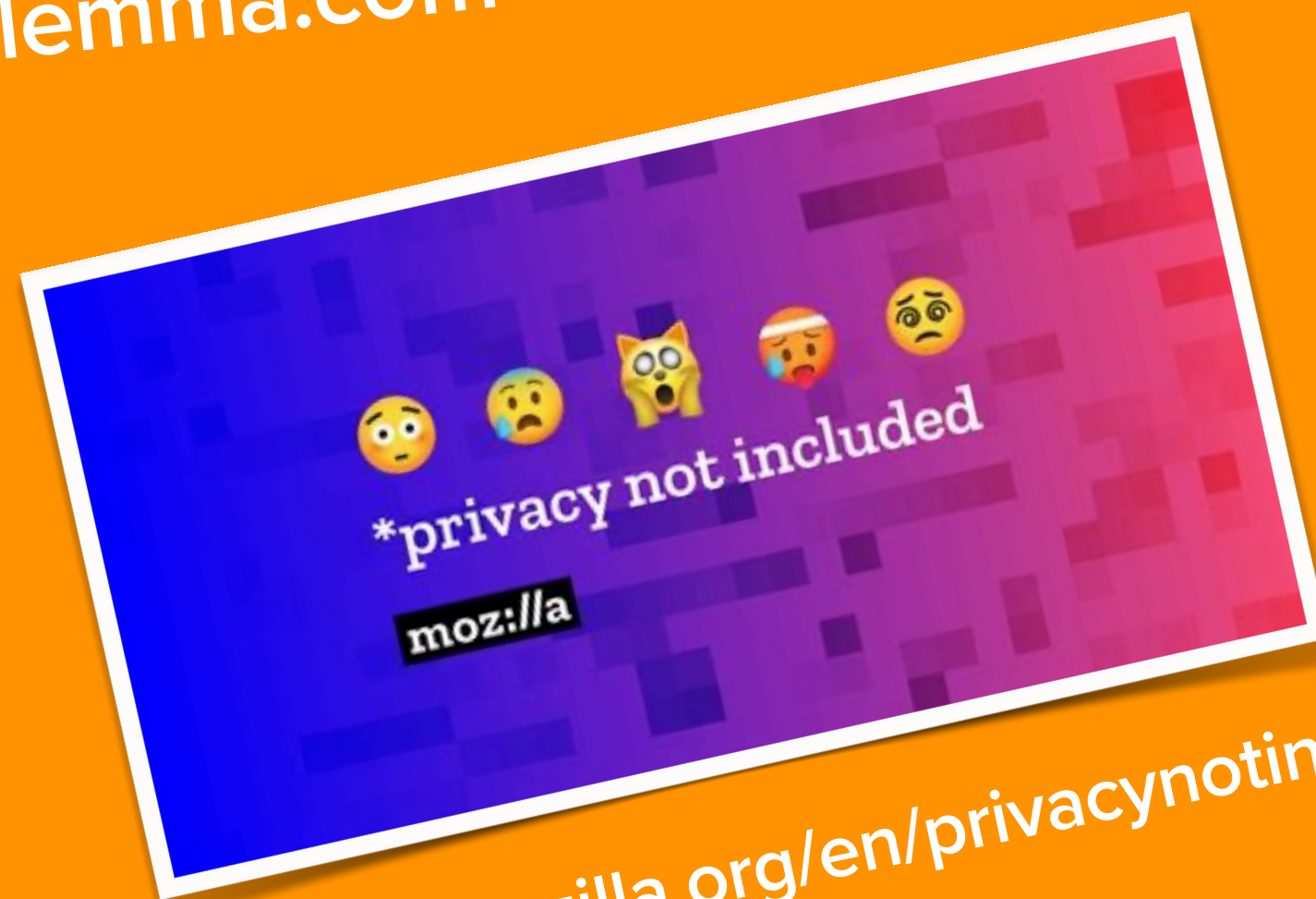
The Social Dilemma on Netflix
[thesocialdilemma.com](https://www.thesocialdilemma.com)



CommonSenseMedia.org



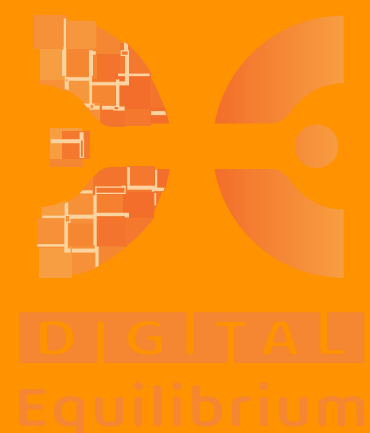
humanetech.com
Your Undivided Attention podcast
Ledger of Harms



foundation.mozilla.org/en/privacynotincluded



TikTok, Boom
PBS.org



demos.org +
datasociety.net

POSTER DOWNLOAD

📱 One spot for Tech Tips!

📱 Digital-Equilibrium.com

📱 -> Resources

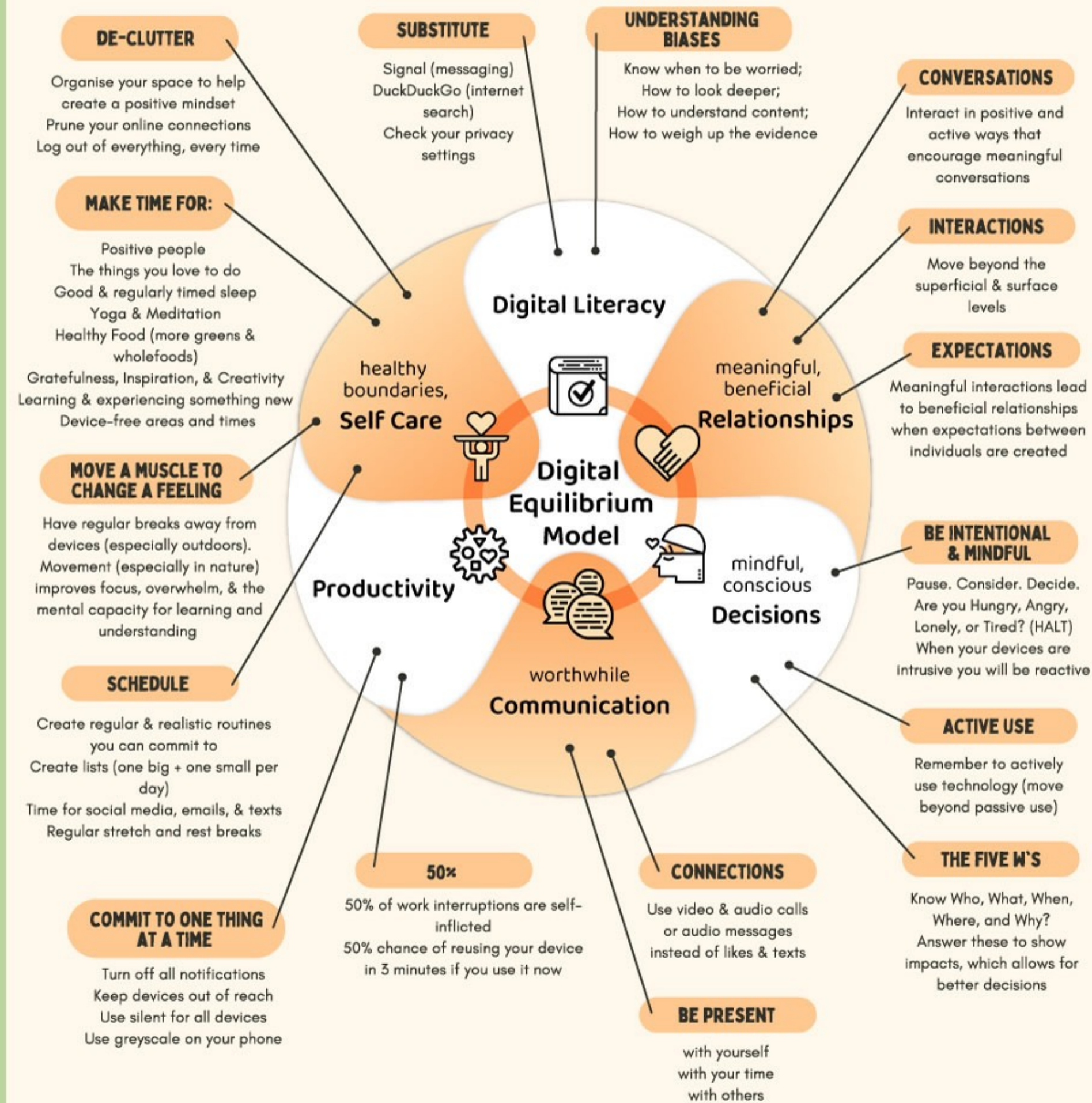
📱 -> Downloads

📱 (Poster or Web image)



TOP TIPS FOR TECH BALANCE & DIGITAL WELLNESS

by Leigh-Chantelle from Digital Equilibrium



MY WEBSITE: DIGITAL-EQUILIBRIUM.COM



DIGITAL
Equilibrium

Digital Habits

The DE Approach

Services

Resources

About

Contact

Improving Tech Life Balance



Hi, I'm Leigh-Chantelle

I'm a Digital Wellness Educator.

I'm passionate about cyberpsychology, cybersecurity, and digital wellbeing, particularly mindful and conscious use of technology.

— **About**

I can assist others towards:

- Understanding technology consumption
- Balancing technology needs
- Conscious & mindful, lifelong healthy habits
- Digital boundaries
- Thriving online in our always-on culture

— **Services**

Digital Equilibrium

The term *Digital Equilibrium* emphasises the importance of creating lifelong, healthy digital habits by balancing technology use – it's about thriving online and beyond.

— **The DE Approach**



DIGITAL
Equilibrium

WHERE TO FIND ME

- 📺 Video will be on YouTube
- 📺 Slides will be on Slideshare



THANK YOU!

@leighchantelle

digital-equilibrium.com

Others: epicentreequilibrium.com // leigh-chantelle.com // vivalavegan.net