

WHAT IS DIGITAL WELLNESS

WHAT IS DIGITAL WELLNESS? YOUR GUIDE TO A HEALTHIER RELATIONSHIP WITH TECHNOLOGY

ARE YOU CONSTANTLY GLUED TO YOUR PHONE? DO YOU FEEL ANXIOUS WHEN YOU'RE NOT CONNECTED? DOES THE ENDLESS SCROLL OF SOCIAL MEDIA LEAVE YOU FEELING DRAINED AND UNFULFILLED? IF SO, YOU'RE NOT ALONE. IN TODAY'S HYPER-CONNECTED WORLD, MANY OF US STRUGGLE TO MAINTAIN A HEALTHY RELATIONSHIP WITH TECHNOLOGY. THIS COMPREHENSIVE GUIDE WILL EXPLORE THE CONCEPT OF DIGITAL WELLNESS, PROVIDING PRACTICAL STRATEGIES TO HELP YOU RECLAIM YOUR TIME, ENERGY, AND MENTAL WELL-BEING. WE'LL DELVE INTO WHAT DIGITAL WELLNESS ACTUALLY MEANS, IDENTIFY THE SIGNS OF DIGITAL BURNOUT, AND OFFER ACTIONABLE STEPS TOWARDS A MORE BALANCED LIFE IN OUR INCREASINGLY DIGITAL WORLD.

UNDERSTANDING THE CORE CONCEPT: WHAT IS DIGITAL WELLNESS?

SIMPLY PUT, DIGITAL WELLNESS REFERS TO THE CONSCIOUS AND INTENTIONAL PRACTICE OF MANAGING YOUR TECHNOLOGY USE TO IMPROVE YOUR PHYSICAL, MENTAL, AND EMOTIONAL HEALTH. IT'S NOT ABOUT ABANDONING TECHNOLOGY ALTOGETHER (AFTER ALL, IT PLAYS A SIGNIFICANT ROLE IN MODERN LIFE!), BUT RATHER ABOUT CULTIVATING A MINDFUL AND BALANCED APPROACH. IT'S ABOUT RECOGNIZING THE POTENTIAL DOWNSIDES OF EXCESSIVE TECH USE AND ACTIVELY TAKING STEPS TO MITIGATE THOSE NEGATIVE IMPACTS. THIS INVOLVES UNDERSTANDING YOUR RELATIONSHIP WITH TECHNOLOGY, IDENTIFYING UNHEALTHY PATTERNS, AND DEVELOPING STRATEGIES TO CREATE A HEALTHIER EQUILIBRIUM. DIGITAL WELLNESS IS ABOUT BEING INTENTIONAL, NOT RESTRICTIVE.

THE SIGNS OF DIGITAL BURNOUT: ARE YOU OVERWHELMED?

BEFORE WE DELVE INTO SOLUTIONS, LET'S IDENTIFY THE WARNING SIGNS OF DIGITAL BURNOUT. THESE SYMPTOMS OFTEN CREEP UP SLOWLY, MAKING IT DIFFICULT TO RECOGNIZE THEIR IMPACT UNTIL THE EFFECTS BECOME OVERWHELMING. ARE YOU EXPERIENCING ANY OF THE FOLLOWING?

INCREASED ANXIETY AND STRESS: CONSTANT NOTIFICATIONS AND THE PRESSURE TO STAY CONNECTED CAN LEAD TO HEIGHTENED ANXIETY AND STRESS LEVELS. THE FEAR OF MISSING OUT (FOMO) IS A PARTICULARLY COMMON ISSUE.

SLEEP DISTURBANCES: THE BLUE LIGHT EMITTED FROM SCREENS INTERFERES WITH MELATONIN PRODUCTION, LEADING TO DIFFICULTY FALLING ASLEEP AND POOR SLEEP QUALITY. LATE-NIGHT SCROLLING IS A MAJOR CULPRIT HERE.

PHYSICAL SYMPTOMS: EYE STRAIN, HEADACHES, NECK PAIN, AND EVEN CARPAL TUNNEL SYNDROME ARE ALL PHYSICAL MANIFESTATIONS OF EXCESSIVE SCREEN TIME.

DECREASED PRODUCTIVITY: IRONICALLY, WHILE TECHNOLOGY IS MEANT TO IMPROVE PRODUCTIVITY, OVERUSE CAN ACTUALLY LEAD TO DECREASED FOCUS AND EFFICIENCY. CONSTANT DISTRACTIONS CAN DERAIL YOUR WORKFLOW.

SOCIAL ISOLATION: PARADOXICALLY, WHILE SOCIAL MEDIA IS DESIGNED TO CONNECT US, EXCESSIVE USE CAN LEAD TO FEELINGS OF LONELINESS AND ISOLATION. SUPERFICIAL ONLINE INTERACTIONS CAN'T REPLACE MEANINGFUL REAL-LIFE CONNECTIONS.

NEGATIVE SELF-IMAGE: THE CURATED PERFECTION OFTEN PRESENTED ON SOCIAL MEDIA CAN LEAD TO NEGATIVE SELF-COMPARISON AND FEELINGS OF INADEQUACY.

PRACTICAL STRATEGIES FOR ACHIEVING DIGITAL WELLNESS

NOW THAT WE'VE IDENTIFIED THE POTENTIAL PITFALLS, LET'S EXPLORE PRACTICAL STRATEGIES TO CULTIVATE DIGITAL WELLNESS:

SET BOUNDARIES: ESTABLISH CLEAR BOUNDARIES FOR YOUR TECHNOLOGY USE. DESIGNATE SPECIFIC TIMES FOR CHECKING EMAILS, SOCIAL MEDIA, AND OTHER DIGITAL ACTIVITIES. CONSIDER IMPLEMENTING "DIGITAL DETOX" PERIODS THROUGHOUT THE DAY OR WEEK, EVEN IF IT'S JUST FOR 30 MINUTES.

MINDFUL USAGE: PRACTICE MINDFUL ENGAGEMENT WITH TECHNOLOGY. INSTEAD OF PASSIVELY SCROLLING, BE INTENTIONAL

ABOUT YOUR ONLINE ACTIVITIES. ASK YOURSELF: "IS THIS ACTIVITY ADDING VALUE TO MY LIFE?" If NOT, PUT YOUR DEVICE DOWN.

CURATE YOUR DIGITAL ENVIRONMENT: UNFOLLOW ACCOUNTS THAT TRIGGER NEGATIVE EMOTIONS. UNSUBSCRIBE FROM NEWSLETTERS YOU NO LONGER FIND USEFUL. ORGANIZE YOUR APPS AND NOTIFICATIONS TO REDUCE CLUTTER AND DISTRACTIONS.

PRIORITIZE REAL-LIFE CONNECTIONS: MAKE A CONSCIOUS EFFORT TO SPEND TIME WITH LOVED ONES IN PERSON. ENGAGE IN ACTIVITIES THAT DON'T INVOLVE SCREENS, SUCH AS READING, EXERCISING, OR PURSUING HOBBIES.

UTILIZE TECHNOLOGY'S TOOLS: MANY DEVICES AND APPS OFFER FEATURES TO HELP MANAGE SCREEN TIME. EXPLORE BUILT-IN SETTINGS TO LIMIT APP USAGE, SCHEDULE DOWNTIME, OR TURN OFF NOTIFICATIONS.

PRACTICE SELF-COMPASSION: DON'T BEAT YOURSELF UP IF YOU SLIP UP. DIGITAL WELLNESS IS A JOURNEY, NOT A DESTINATION. ACKNOWLEDGE SETBACKS, LEARN FROM THEM, AND KEEP STRIVING FOR A HEALTHIER BALANCE.

SEEK PROFESSIONAL HELP: IF YOU'RE STRUGGLING TO MANAGE YOUR TECHNOLOGY USE ON YOUR OWN, CONSIDER SEEKING PROFESSIONAL HELP FROM A THERAPIST OR COUNSELOR. THEY CAN PROVIDE SUPPORT AND GUIDANCE IN DEVELOPING COPING STRATEGIES.

THE LONG-TERM BENEFITS OF DIGITAL WELLNESS

THE BENEFITS OF PRIORITIZING DIGITAL WELLNESS EXTEND FAR BEYOND SIMPLY REDUCING SCREEN TIME. BY CULTIVATING A HEALTHIER RELATIONSHIP WITH TECHNOLOGY, YOU CAN:

REDUCE STRESS AND ANXIETY: A MINDFUL APPROACH TO TECHNOLOGY USE CAN LEAD TO SIGNIFICANT REDUCTIONS IN STRESS AND ANXIETY LEVELS.

IMPROVE SLEEP QUALITY: REDUCING SCREEN TIME BEFORE BED CAN SIGNIFICANTLY IMPROVE SLEEP QUALITY AND OVERALL ENERGY LEVELS.

ENHANCE PRODUCTIVITY AND FOCUS: BY MINIMIZING DISTRACTIONS, YOU CAN ENHANCE YOUR FOCUS AND PRODUCTIVITY.

STRENGTHEN REAL-LIFE RELATIONSHIPS: PRIORITIZING FACE-TO-FACE INTERACTIONS CAN LEAD TO DEEPER AND MORE MEANINGFUL RELATIONSHIPS.

IMPROVE SELF-ESTEEM: REDUCING EXPOSURE TO CURATED PERFECTION ONLINE CAN FOSTER A HEALTHIER SELF-IMAGE AND BOOST SELF-ESTEEM.

CONCLUSION: RECLAIM YOUR LIFE

DIGITAL WELLNESS IS NOT ABOUT ELIMINATING TECHNOLOGY FROM YOUR LIFE; IT'S ABOUT RECLAIMING CONTROL AND FOSTERING A BALANCED RELATIONSHIP WITH THE DIGITAL WORLD. BY IMPLEMENTING THE STRATEGIES DISCUSSED ABOVE, YOU CAN CULTIVATE A HEALTHIER, MORE FULFILLING LIFE, FREE FROM THE ANXIETIES AND NEGATIVE IMPACTS OF EXCESSIVE TECHNOLOGY USE. TAKE SMALL STEPS, BE PATIENT WITH YOURSELF, AND CELEBRATE YOUR PROGRESS ALONG THE WAY. YOUR WELL-BEING IS WORTH IT.

FAQs

1. IS IT POSSIBLE TO COMPLETELY ELIMINATE DIGITAL BURNOUT? COMPLETE ELIMINATION MIGHT BE UNREALISTIC IN OUR CURRENT SOCIETY, BUT SIGNIFICANT REDUCTION AND MANAGEMENT ARE DEFINITELY ACHIEVABLE.

1. HOW LONG DOES IT TAKE TO SEE IMPROVEMENTS AFTER IMPLEMENTING DIGITAL WELLNESS STRATEGIES? THE TIMELINE VARIES FOR EVERYONE, BUT MANY PEOPLE REPORT NOTICEABLE IMPROVEMENTS WITHIN A FEW WEEKS.

1. ARE THERE ANY APPS THAT CAN HELP WITH DIGITAL WELLNESS? YES, MANY APPS TRACK SCREEN TIME, LIMIT APP USAGE, AND PROMOTE MINDFUL TECHNOLOGY USE. RESEARCH OPTIONS THAT BEST SUIT YOUR NEEDS AND PREFERENCES.

1. WHAT IF I USE TECHNOLOGY FOR MY JOB? HOW CAN I ACHIEVE DIGITAL WELLNESS THEN? SETTING BOUNDARIES, UTILIZING BREAK TIME EFFECTIVELY, AND PRACTICING MINDFULNESS DURING YOUR OFF-HOURS ARE KEY.

1. CAN DIGITAL WELLNESS HELP WITH OTHER ASPECTS OF MY HEALTH? ABSOLUTELY! BY REDUCING STRESS AND IMPROVING SLEEP, DIGITAL WELLNESS CONTRIBUTES POSITIVELY TO PHYSICAL AND MENTAL HEALTH OVERALL.

📖 **What is digital wellness: The Future of Happiness** Amy Blankson, 2017-04-11 Technology, at least in theory, is improving our productivity, efficiency, and communication. The one thing it's not doing is making us happier. We are experiencing historically high levels of depression and dissatisfaction. But we can change that. Knowing that technology is here to stay and will continue to evolve in form and function, we need to know how to navigate the future to achieve a better balance between technology, productivity, and well-being. Technology can drive—not diminish—human happiness. In *The Future of Happiness*, author Amy Blankson, cofounder of the global positive psychology consulting firm GoodThink, unveils five strategies successful individuals can use, not just to survive—but actually thrive—in the Digital Age: • Stay Grounded to focus your energy and increase productivity • Know Thyself through app-driven data to strive toward your potential • Train Your Brain to develop and sustain an optimistic mindset • Create a Habitat for Happiness to maximize the spaces where you live, work, and learn • Be a Conscious Innovator to help make the world a better place By rethinking when, where, why, and how you use technology, you will not only influence your own well-being but also help shape the future of your community. Discover how technologies can transform the idea of I'll be happy when . . . to being happy now.

what is digital wellness: Social Media Wellness Ana Homayoun, 2017-07-27 Solutions for navigating an ever-changing social media world Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, *Social Media Wellness* is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutions to help students: Manage distractions Focus and prioritize Improve time-management Become more organized and boost productivity Decrease stress and build empathy With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall safety and wellness. *Tips From Teens On Promoting Social Media Wellness* Ana Homayoun has written the very book I've yearned for, a must-read for teachers and parents. I have been recommending Ana's work for years, but *Social Media Wellness* is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world. —Jessica Lahey, Author of *The Gift of Failure* This is the book I've been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. I'll be recommending it to everyone I know. —Rachel Simmons, Author of *The Curse of the Good Girl* Read About Ana Homayoun in the news: *NYTimes*, *The Secret Social Media Lives of Teenagers* *NYTimes*, *How to Help Kids Disrupt 'Bro Culture'* *Pacific Standard*, *Holier Than Thou IPO: Snapchat and Effective Parenting* *Parenttoolkit.com*, *Emojis, Streaks, Stories, and Scores: What Parents Need to Know About Snapchat* *Los Angeles Review of Books*, *Life and Death 2.0: When Your Grandmother Dies Online* *Chicago Tribune*, *Social*

Media Footprints are Nothing New, So What Were those Harvard Students Thinking? Today Show, 9
Tips to Help Teens Manage Their Social Media Footprint 5 Ways Parents Can Help Kids Balance
Social Media with the Real World

what is digital wellness: Digital Wellbeing Dana Rad, Valentina Emilia Balas, Vasile Doru Marineanu, Roxana Maier, 2021-07-16 In today's society, where the development of digital technologies is emerging, it is important to take into consideration the development of individual well-being when it comes to engagement with the digital environment that modified our relationships with ourselves, each other, and our environment

what is digital wellness: Outsmart Your Smartphone Tchiki Davis, 2019-11-01 Do you have smartphone syndrome? This refreshingly honest how-to guide will help you find balance and build meaningful connections in a screen-obsessed world. Do you spend hours every day on your smartphone or tablet? Reading the news, shopping for clothes, checking your email, and catching up on social media? Do you scroll through blog articles and text with your friends while waiting in line at the DMV or the grocery store, avoiding any chance interactions with actual human beings? If so, you aren't alone. Most of us are stuck on a hedonic treadmill of push-button notifications, friend updates, and text messages. But the real question is—are we happy? And, if not, how can we increase our happiness in the age of tech? Outsmart Your Smartphone is not a book about the evils of technology—it's a road map for achieving happiness using all the tools available to you, including your phone. With this smart and irreverent guide, you'll find seven steps to help you use technology in ways that increase your well-being, and find tips and tricks for overcoming the obstacles that technology creates. You'll also learn to: Reconnect with your values, including kindness and gratitude Find your purpose in life—and then live it Use technology to do good things in the world Be fully present in each moment using mindfulness Our technology crazed, social media-obsessed world does nothing if not make us more self-focused. This book will help you harness the power of that focus and magnify your happiness, for yourself and the greater good. You don't even have to throw out your phone!

what is digital wellness: My Digital Health and Wellness Ben Hubbard, Diego Vaisberg, 2019

what is digital wellness: Digital Health Entrepreneurship Sharon Wulfovich, Arlen Meyers, 2019-06-20 This book presents a hands on approach to the digital health innovation and entrepreneurship roadmap for digital health entrepreneurs and medical professionals who are dissatisfied with the existing literature on or are contemplating getting involved in digital health entrepreneurship. Topics covered include regulatory affairs featuring detailed guidance on the legal environment, protecting digital health intellectual property in software, hardware and business processes, financing a digital health start up, cybersecurity best practice, and digital health business model testing for desirability, feasibility, and viability. Digital Health Entrepreneurship is directed to clinicians and other digital health entrepreneurs and stresses an interdisciplinary approach to product development, deployment, dissemination and implementation. It therefore provides an ideal resource for medical professionals across a broad range of disciplines seeking a greater understanding of digital health innovation and entrepreneurship.

what is digital wellness: Digital Literacies Mark Pegrum, Nicky Hockly, Gavin Dudeney, 2014-06-03 Dramatic shifts in our communication landscape have made it crucial for language teaching to go beyond print literacy and encompass the digital literacies which are increasingly central to learners' personal, social, educational and professional lives. By situating these digital literacies within a clear theoretical framework, this book provides educators and students alike with not just the background for a deeper understanding of these key 21st-century skills, but also the rationale for integrating these skills into classroom practice. This is the first methodology book to address not just why but also how to teach digital literacies in the English language classroom. This book provides: A theoretical framework through which to categorise and prioritise digital literacies Practical classroom activities to help learners and teachers develop digital literacies in tandem with key language skills A thorough analysis of the pedagogical implications of developing digital

literacies in teaching practice A consideration of exactly how to integrate digital literacies into the English language syllabus Suggestions for teachers on how to continue their own professional development through PLNs (Personal Learning Networks), and how to access teacher development opportunities online This book is ideal for English language teachers and learners of all age groups and levels, academics and students researching digital literacies, and anyone looking to expand their understanding of digital literacies within a teaching framework.

what is digital wellness: Off: Your Digital Detox for a Better Life Tanya Goodin, 2018-03-13 Walk down any street, stroll through any park, step into a bar or restaurant, and everyone is glued to their mobile devices. Many of us struggle with the near-constant urge to check our phones—the average person interacts with their device more than 2,600 times a day—and this dependence is affecting our relationships, our work, and our quality of life. It seems the technology that was supposed to connect us has tipped us in the other direction, creating unnecessary stress and distance in our lives. Off: Your Digital Detox for a Better Life isn't about reverting to a tech-free way of life—it's about balance. Digital entrepreneur Tanya Goodin offers a guide that will free up hours of your time and lead you back to the pastimes (and people) you love. Learn to cultivate a healthier relationship with your digital devices by adopting simple practices that encourage mindfulness, deeper connection to others, more restful sleep, and increased creativity. Illustrated with serene and inspiring photography, Off will help you free yourself from technology and be more present in your own life.

what is digital wellness: Opportunities and Challenges in Digital Healthcare Innovation Sandhu, Kamaljeet, 2020-06-26 Digital health has faced obstacles from poor IT systems implementation to lack of consumer acceptance. Very little is known about the management, development, and design of digital health projects, the level of IT adoption, and the role of digital leadership that is needed to successfully drive health projects. Digital health, if successfully implemented, offers tremendous opportunities in health data analytics for consumers of health services and service providers that include health information portability, personalization of health information by consumers, easy access and usefulness of health information, and better management of electronic data records by health institutions and the government. Research suggests that despite assurances provided to consumers, digital information security and digital health innovation have been a challenge and are only slowly being accepted. Opportunities and Challenges in Digital Healthcare Innovation is an innovative research publication that identifies digital health innovation opportunities and obstacles and proposes frameworks and conceptual models for digital health innovation that empowers consumers of digital health to use the information to make informed decisions and choices. Highlighting topics such as data analytics, health regulations, and telehealth, this book is ideal for IT consultants, medical software developers, data scientists, hospital administrators, medical practitioners, policymakers, academicians, researchers, and students.

what is digital wellness: Courage to Connect Mark Ostach, 2020-07-02 Do You Need More Courage in Your Life? Courage to Connect is a book full of personal stories & helpful resources that are intended to improve your relationships and create more meaningful connections in your life. In This Book You Will... ? Discover areas of your life that require restoration ? Learn how to become more empathetic ? Recognize moments to be more vulnerable ? Be encouraged to share your story ? Improve your digital well-being ? Work on your mental & emotional health ? Find new ways to lead with courage By the end of this book, you'll be well on your way to building more meaningful connections both online and offline, leaving you filled with a newfound courage to connect.

what is digital wellness: Paternalism Christian Coons, Michael Weber, 2013-02-14 Should the government influence or coerce us for our 'own good'? This volume discusses specific applications in policy and law.

what is digital wellness: Digital Health Technology for Better Aging Giuseppe Andreoni, Cinzia Mambretti, 2021-08-01 This book describes the multidisciplinary approach needed to tackle better aging. Aging populations are one of the 21st century's biggest challenges. National health

systems are forced to adapt in order to provide adequate and affordable care. Innovation, driven by digital technology, is a key to improving quality of life and encouraging healthy living. Well-designed technology keeps people empowered, independent, and mobile; however, despite widespread adoption of ICT in day-to-day life, digital health technologies have yet to catch on. To this end, technology needs to be effective, usable, cheap, and designed to ensure the security of the managed data. In the era of mHealth, mobile technology, and social design, this book describes, in six sections, the collaboration of polytechnic know-how and social science and health sectors in the creation of a system for encouraging people to engage in healthy behavior and achieve a better quality of life.

what is digital wellness: Life Unplugged Meleah Bowles, Elise Williams Rikard, 2019-12-17 Life Unplugged makes digital detox easy with alternative activities and better ways to feel connected to your friends, family, and the world around you. By unplugging your electronics, you'll be able to take that much-needed vacation you've been craving. For busy entrepreneurs and families, it can seem impossible to find time for yourself or to stay connected to your loved ones, but with Life Unplugged, staying connected is much simpler than you imagine. This workbook guides you through ways to de-stress, cultivate mindfulness, and improve your mood and health while also helping you find balance and joy in your daily life through digital detox. It's the mini vacation without the extra cost of actually going away and all the wellness benefits you need for a more fulfilling lifestyle. You'll find: Habit-tracking worksheets to keep you on task Fun challenges to help you be the most successful in your detox Journaling prompts to get your creative juices flowing Tips to finding and integrating alternative activities into your daily routine Ways to optimize your free time, so you're more productive throughout the day With this life-changing journal, you'll learn to live without being attached to your phone, TV, laptop, or social media. It can be as easy as taking a few breaks from your digital devices a day to make you feel refreshed, enlightened, and purposeful. Sleep better and improve your overall mental and physical health by taking a break from the internet. The practice of digital detoxing has proven to improve your memory, posture, blood pressure, and give you greater feelings of gratitude and happiness. Live a more connected, purposeful life by staying in tune with the world around you.

what is digital wellness: Ethics of Digital Well-Being Christopher Burr, Luciano Floridi, 2020-08-19 This book brings together international experts from a wide variety of disciplines, in order to understand the impact that digital technologies have had on our well-being as well as our understanding of what it means to live a life that is good for us. The multidisciplinary perspective that this collection offers demonstrates the breadth and importance of these discussions, and represents a pivotal and state-of-the-art contribution to the ongoing discussion concerning digital well-being. Furthermore, this is the first book that captures the complex set of issues that are implicated by the ongoing development of digital technologies, impacting our well-being either directly or indirectly. By helping to clarify some of the most pertinent issues, this collection clarifies the risks and opportunities associated with deploying digital technologies in various social domains. Chapter 2 is available open access under a Creative Commons Attribution 4.0 International License via link.springer.com.

what is digital wellness: Stand Out of Our Light James Williams, 2018-05-31 Argues that human freedom is threatened by systems of intelligent persuasion developed by tech giants who compete for our time and attention. This title is also available as Open Access.

what is digital wellness: Dancer Wellness Mary Virginia Wilmerding, Donna Krasnow, IADMS, 2016-10-20 Dancers who want to get the most out of their experience in dance—whether in college, high school, a dance studio, or a dance company—can now take charge of their wellness. Dancer Wellness will help them learn and apply important wellness concepts as presented through the in-depth research conducted by the International Association for Dance Medicine & Science (IADMS) and their experts from around the world. Four Primary Areas Dancer Wellness covers four primary topics: Foundations of dancer wellness, which explores the dancer's physical environment, the science behind training, and conditioning Mental components of dancer wellness, which

investigates the psychological aspects that influence a dancer's training—imagery, somatic practices, and the ways that rest, fatigue, and burnout affect learning, technique, and injury risk and recovery Physical aspects of dancer wellness, which examines dancer nutrition and wellness, including the challenges in maintaining good nutrition, addressing body composition issues, bone health, injury prevention, and first aid Assessments for dancer wellness, which offers guidance in goal setting, screenings, assessing abilities, and designing a personal wellness plan Each chapter offers learning objectives at the beginning and review questions at the end to help readers recall what they have learned. Sidebars within each chapter focus on self-awareness, empowerment, goal setting, and diversity in dance. "Dancer Wellness meets the needs of dancers in any setting," says Virginia Wilmerding, one of the book's editors from IADMS. "Our authors are leaders in the field, and they thoroughly investigate their areas of specialization. Through that investigation we have provided theoretical concepts and practical information and applications that dancers can use to enhance their health and wellness as part of their dance practice." This text offers foundational information to create a comprehensive view of dancer wellness. "Wellness defines the state of being healthy in both mind and body through conscious and intentional choices and efforts," says coeditor Donna Krasnow. "Anyone interested in the health and wellness of dancers can benefit from this book, regardless of previous training or level of expertise. This book covers each aspect of dancer wellness, whether environmental, physical, or psychological." A web resource is included with all new print books and some ebooks. For ebook formats that don't provide access, the web resource is available separately.

what is digital wellness: Mental Health and Wellbeing in the Workplace Gill Hasson, Donna Butler, 2020-06-22 ***HIGHLY COMMENDED - HR & MANAGEMENT - BUSINESS BOOK AWARDS 2021*** Provides guidance for both employers and staff on promoting positive mental health and supporting those experiencing mental ill health in the workplace The importance of good mental health and wellbeing in the workplace is a subject of increased public awareness and governmental attention. The Department of Health advises that one in four people will experience a mental health issue at some point in their lives. Although a number of recent developments and initiatives have raised the profile of this crucial issue, employers are experiencing challenges in promoting the mental health and wellbeing of their employees. Mental Health & Wellbeing in the Workplace contains expert guidance for improving mental health and supporting those experiencing mental ill health. This comprehensive book addresses the range of issues surrounding mental health and wellbeing in work environments - providing all involved with informative and practical assistance. Authors Gill Hasson and Donna Butler examine changing workplace environment for improved wellbeing, shifting employer and employee attitudes on mental health, possible solutions to current and future challenges and more. Detailed, real-world case studies illustrate a variety of associated concerns from both employer and employee perspectives. This important guide: Explains why understanding mental health important and its impact on businesses and employees Discusses why and how to promote mental health in the workplace and the importance of having an effective 'wellbeing strategy' Provides guidance on managing staff experiencing mental ill health Addresses dealing with employee stress and anxiety Features resources for further support if experiencing mental health issues Mental Health & Wellbeing in the Workplace is a valuable resource for those in the workplace wanting to look after their physical and mental wellbeing, and those looking for guidance in managing staff with mental health issues.

what is digital wellness: Wellbeing: The Five Essential Elements Tom Rath, James K. Harter, 2010-05-04 Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives.

what is digital wellness: Tech-Life Balance Taino Bendz, 2023-05-02 Break free from technology and rediscover the joys of life with this ultimate guide featuring 101 creative ideas to fix your tech obsession! In today's world, we're constantly glued to our phones, checking social media, emails, and even the weather. But what if we told you that you could reduce stress, improve your

wellbeing and sleep, increase your focus and productivity, experience better relationships and much more by using technology purposefully and mindfully? With Tech-Life Balance, you'll discover how to identify your poor tech-use habits and make small changes that have a big impact. Written by the founder of the international challenge 'Phone Free Day', Tech-Life Balance offers real solutions to break free from your digital addiction. From making your home and workspace tech-free during downtime to maintaining healthy tech habits while living with others who don't, you'll learn how to balance your tech use and make room for other healthy activities like exercise and hobbies. Tech-Life Balance includes such topics as: Identifying your poor tech-use habits and triggers Purposeful/mindful use of social media Making your home and workspace tech-free during downtime How to maintain healthy tech habits while living with other people who don't Suggestions for other healthy activities (exercise, involving hobbies) to fill the space formerly occupied by device use Proper/prescriptive habits for recreational use of devices Tech-Life Balance is the ultimate life hack to help you break free from the grips of technology and live a less distracted and more fulfilling life. With its low-key and fun approach, this little book makes the perfect gift for anyone looking to regain control of their tech habits. So what are you waiting for? Grab your copy and take the first step towards a more balanced life!

what is digital wellness: The Wellness Syndrome Carl Cederström, Andre Spicer, 2015-02-04 Not exercising as much as you should? Counting your calories in your sleep? Feeling ashamed for not being happier? You may be a victim of the wellness syndrome. In this ground-breaking new book, Carl Cederström and André Spicer argue that the ever-present pressure to maximize our wellness has started to work against us, making us feel worse and provoking us to withdraw into ourselves. The Wellness Syndrome follows health freaks who go to extremes to find the perfect diet, corporate athletes who start the day with a dance party, and the self-trackers who monitor everything, including their own toilet habits. This is a world where feeling good has become indistinguishable from being good. Visions of social change have been reduced to dreams of individual transformation, political debate has been replaced by insipid moralising, and scientific evidence has been traded for new-age delusions. A lively and humorous diagnosis of the cult of wellness, this book is an indispensable guide for everyone suspicious of our relentless quest to be happier and healthier.

what is digital wellness: Educator Wellness Timothy D. Kanold, Tina H. Boogren, 2021-09-24 Educator and teacher wellness is a personal journey. And like all journeys, there are starts, stops, and bumps in the road. The question becomes, how do we bring our best selves to our students and colleagues each day? Designed as a reflective journal and guidebook, Educator Wellness by Timothy D. Kanold and Tina H. Boogren will take you on a deep exploration where you will uncover profound answers that ring true for you. Rely on this book of ideas for self-care for educators and develop ongoing habits for wellness: Use this resource on your own or as a book study to guide staff through a reflective, goal-setting process. Observe the importance of self-care for teachers and other educators and how a commitment to daily self-care and well-being leads to a more fulfilling, successful life in and outside of the school setting. Review the four dimensions of educator self-care and wellness--(1) physical, (2) mental, (3) emotional, and (4) social--and 12 corresponding routines. Explore self-care activities for teachers and educators to sustain well-being in the face of workplace overload and potential burnout. Use the My Wellness Action journaling spaces designed to encourage thoughtful reflection to wellness and self-care plans for teachers and educators. Learn how to monitor your self-care progress and design an actionable wellness plan for next steps. View videos that highlight the authors' personal experiences with the four dimensions of educator or teacher well-being. Access the Educator Wellness--Rating, Reflecting, Planning, and Goal-Setting protocol. Contents: About the Authors Introduction Chapter 1: The Physical Wellness Dimension Chapter 2: The Mental Wellness Dimension Chapter 3: The Emotional Wellness Dimension Chapter 4: The Social Wellness Dimension

what is digital wellness: HCI in Business, Government and Organizations Fiona Fui-Hoon Nah, Keng Siau, 2021-07-03 This book constitutes the refereed proceedings of the 8th International Conference on HCI in Business, Government and Organizations, HCIBGO 2021, which was held as

part of HCI International 2021 and took place virtually during July 24-29, 2021. The total of 1276 papers and 241 posters included in the 39 HCII 2021 proceedings volumes was carefully reviewed and selected from 5222 submissions. The papers included in this book were organized in topical sections as follows: electronic, mobile and ubiquitous commerce; HCI in finance and industry; work and business operations; innovation, collaboration, and knowledge sharing; and digital transformation and artificial intelligence.

what is digital wellness: *The Psychology of Wellbeing* Gary Wood, 2020-10-07 How can we improve our sense of wellbeing? What explains the current wellbeing boom? What does wellbeing mean to you? *The Psychology of Wellbeing* offers readers tools to navigate their own wellbeing and understand what makes a 'good life'. Using self-reflection and storytelling, it explores how trust affects psychological and emotional wellbeing, considers how stress and inequality impact our psychological wellbeing, and how trends such as positive psychology influence our understanding of happiness. In a world where the 'wellness economy' is big business, *The Psychology of Wellbeing* shows how we can question and make sense of information sources, and sheds light on the wellness, self-care and self-help industry.

what is digital wellness: *Health and Wellness* Gordon Edlin, Eric Golanty, 2009-09-29 *Health and Wellness*, Tenth Edition is written in a personal and engaging style with specific tips and aids to help students improve their health habits. This text encourages students to learn the skills they need to enhance the quality and longevity of life. *Health and Wellness* covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for one's behavior.

what is digital wellness: *Natural Causes* Barbara Ehrenreich, 2018-04-10 From the celebrated author of *Nickel and Dimed*, Barbara Ehrenreich explores how we are killing ourselves to live longer, not better. A razor-sharp polemic which offers an entirely new understanding of our bodies, ourselves, and our place in the universe, *Natural Causes* describes how we over-prepare and worry way too much about what is inevitable. One by one, Ehrenreich topples the shibboleths that guide our attempts to live a long, healthy life -- from the importance of preventive medical screenings to the concepts of wellness and mindfulness, from dietary fads to fitness culture. But *Natural Causes* goes deeper -- into the fundamental unreliability of our bodies and even our mind-bodies, to use the fashionable term. Starting with the mysterious and seldom-acknowledged tendency of our own immune cells to promote deadly cancers, Ehrenreich looks into the cellular basis of aging, and shows how little control we actually have over it. We tend to believe we have agency over our bodies, our minds, and even over the manner of our deaths. But the latest science shows that the microscopic subunits of our bodies make their own decisions, and not always in our favor. We may buy expensive anti-aging products or cosmetic surgery, get preventive screenings and eat more kale, or throw ourselves into meditation and spirituality. But all these things offer only the illusion of control. How to live well, even joyously, while accepting our mortality -- that is the vitally important philosophical challenge of this book. Drawing on varied sources, from personal experience and sociological trends to pop culture and current scientific literature, *Natural Causes* examines the ways in which we obsess over death, our bodies, and our health. Both funny and caustic, Ehrenreich then tackles the seemingly unsolvable problem of how we might better prepare ourselves for the end -- while still reveling in the lives that remain to us.

what is digital wellness: *The Joy of Missing Out* Christina Crook, 2014-11-01 After giving up the Internet for a month, a writer shares how we can all learn from her experience and rethink our relationship with the digital world. There's no doubt that technology has overrun our lives. Over the past few decades, the world has embraced "progress" and we're living with the resultant clicking, beeping, anxiety-inducing frenzy. But a creative backlash is gathering steam, helping us cope with the avalanche of data that threatens to overwhelm us daily through our computers, tablets, and smartphones. *The Joy of Missing Out* considers the technologically focused life, with its impacts on our children, relationships, communities, health, work, and more, and suggests opportunities for those of us longing to cultivate a richer on- and off-line existence. By examining the connected world

through the lens of her own Internet fast, author Christina Crook creates a convincing case for increasing intentionality in our day-to-day lives. Using historical data, typewritten letters, chapter challenges, and personal accounts, she invites us to explore a new way of living, beyond our steady state of distracted “connectedness.” Most of us can’t throw away our smartphone or cut ourselves off from the Internet. But we can all rethink our relationship with the digital world, discovering new ways of introducing balance and discipline to the role of technology in our lives. This book is a must-read for anyone wishing to rediscover quietness of mind, and seeking a sense of peace amidst the cacophony of the modern world. Praise for *The Joy of Missing Out* “Crook’s book does a marvelous job of examining where we’ve gone awry and how we might begin to take ourselves and our lives back, while acknowledging the reality and importance of our wired world.” —Dr. Susan Biali, MD, *Psychology Today* “Offers thoughtful consideration of how online communications have evolved, as well as the value we place on being ever present in a digital world, often to the detriment of personal space and quiet time. Through practical examples and directions, Crook champions developing healthier habits for a more mindful online experience.” —Lori A. May, *Portland Book Review*

what is digital wellness: Wellbeing at Work Jim Clifton, Jim Harter, 2021-06-01 What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews, *Wellbeing at Work* shows you how to do just that. Coauthored by Gallup’s CEO and its Chief Workplace Scientist, *Wellbeing at Work* explores the five key elements of wellbeing — career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And *Wellbeing at Work* introduces a metric to report a person’s best possible life: Gallup Net Thriving, which will become the “other stock price” for organizations. In a world where work and life are more blended than ever, maximizing employee wellbeing takes on greater urgency. *Wellbeing at Work* shows leaders how to create a thriving and resilient culture. If you and your leaders don’t change the world, who will? *Wellbeing at Work* includes a unique code to take the CliftonStrengths assessment, which reveals your top five strengths.

what is digital wellness: Maker-Centered Learning Edward P. Clapp, Jessica Ross, Jennifer O. Ryan, Shari Tishman, 2016-12-05 *The Agency by Design* guide to implementing maker-centered teaching and learning *Maker-Centered Learning* provides both a theoretical framework and practical resources for the educators, curriculum developers, librarians, administrators, and parents navigating this burgeoning field. Written by the expert team from the Agency by Design initiative at Harvard’s Project Zero, this book identifies a set of educational practices and ideas that define maker-centered learning, and introduces the focal concepts of maker empowerment and sensitivity to design. Shares cutting edge research that provides evidence of the benefits of maker-centered learning for students and education as a whole. Presents a clear Project Zero-based framework for maker-centered teaching and learning Includes valuable educator resources that can be applied in a variety of design and maker-centered learning environments Describes unique thinking routines that foster the primary maker capacities of looking closely, exploring complexity, and finding opportunity. A surge of voices from government, industry, and education have argued that, in order to equip the next generation for life and work in the decades ahead, it is vital to support maker-centered learning in various educational environments. *Maker-Centered Learning* provides insight into what that means, and offers tools and knowledge that can be applied anywhere that learning takes place.

what is digital wellness: *Positive Computing* Rafael A. Calvo, Dorian Peters, 2014-11-28 A case for building a digital environment that can make us happier and healthier, not just more productive, and a theoretical framework for doing so.

what is digital wellness: *Digital Health* Shabbir Syed-Abdul, Xinxin Zhu, Luis Fernandez-Luque, 2020-11-14 Digital Health: Mobile and Wearable Devices for Participatory Health Applications is a key reference for engineering and clinical professionals considering the development or implementation of mobile and wearable solutions in the healthcare domain. The book presents a comprehensive overview of devices and appropriateness for the respective applications. It also explores the ethical, privacy, and cybersecurity aspects inherent in networked and mobile technologies. It offers expert perspectives on various approaches to the implementation and integration of these devices and applications across all areas of healthcare. The book is designed with a multidisciplinary audience in mind; from software developers and biomedical engineers who are designing these devices to clinical professionals working with patients and engineers on device testing, human factors design, and user engagement/compliance. - Presents an overview of important aspects of digital health, from patient privacy and data security to the development and implementation of networks, systems, and devices - Provides a toolbox for stakeholders involved in the decision-making regarding the design, development, and implementation of mHealth solutions - Offers case studies, key references, and insights from a wide range of global experts

what is digital wellness: The Four-Dimensional Human: Ways of Being in the Digital World Laurence Scott, 2016-08-09 You are a four-dimensional human. Each of us exists in three-dimensional, physical space. But, as a constellation of everyday digital phenomena rewires our lives, we are increasingly coaxed from the containment of our predigital selves into a wonderful and eerie fourth dimension, a world of ceaseless communication, instant information, and global connection. Our portals to this new world have been wedged open, and the silhouette of a figure is slowly taking shape. But what does it feel like to be four-dimensional? How do digital technologies influence the rhythms of our thoughts, the style and tilt of our consciousness? What new sensitivities and sensibilities are emerging with our exposure to the delights, sorrows, and anxieties of a networked world? And how do we live in public with these recoded private lives? Laurence Scott—hailed as a New Generation Thinker by the Arts and Humanities Research Council and the BBC—shows how this four-dimensional life is dramatically changing us by redefining our social lives and extending the limits of our presence in the world. Blending tech-philosophy with insights on everything from Seinfeld to the fall of Gaddafi, Scott stands with a rising generation of social critics hoping to understand our new reality. His virtuosic debut is a revelatory and original exploration of life in the digital age.

what is digital wellness: Health and Wellness Gordon Edlin, Eric Golanty, 2015-08-04 Health & Wellness, Twelfth Edition covers many facets of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives. Written in a personal and engaging style, the Twelfth Edition encourages students to make the right health choices and gives them the tools and information they need to improve their health habits.

what is digital wellness: Delivering Superior Health and Wellness Management with IoT and Analytics Nilmini Wickramasinghe, Freimut Bodendorf, 2019-11-27 This in-depth book addresses a key void in the literature surrounding the Internet of Things (IoT) and health. By systematically evaluating the benefits of mobile, wireless, and sensor-based IoT technologies when used in health and wellness contexts, the book sheds light on the next frontier for healthcare delivery. These technologies generate data with significant potential to enable superior care delivery, self-empowerment, and wellness management. Collecting valuable insights and recommendations in one accessible volume, chapter authors identify key areas in health and wellness where IoT can be used, highlighting the benefits, barriers, and facilitators of these technologies as well as suggesting areas for improvement in current policy and regulations. Four overarching themes provide a suitable setting to examine the critical insights presented in the 31

chapters: Mobile- and sensor-based solutions Opportunities to incorporate critical aspects of analytics to provide superior insights and thus support better decision-making Critical issues around aspects of IoT in healthcare contexts Applications of portals in healthcare contexts A comprehensive overview that introduces the critical issues regarding the role of IoT technologies for health, Delivering Superior Health and Wellness Management with IoT and Analytics paves the way for scholars, practitioners, students, and other stakeholders to understand how to substantially improve health and wellness management on a global scale.

what is digital wellness: Digital Entertainment Subhankar Das, Saikat Gochhait, 2021-02-06 This book presents a clear constructive representation for policy framework, effect, and integrities of various platforms that are vocal about digital entertainment. It provides a holistic representation of all the platforms, whether they are application based or AI based or web portal based. Digital Entertainment incorporates Internet-based gaming, remote gaming, online applications for TV, music, and films fans, and types of consumer-to-consumer (C2C) stimulation that includes human-PC or human-human or human-mobile collaboration through the Internet (or remote).

what is digital wellness: Experience Nature Unplugged Sebastian Slovin, Sonya Mohamed, 2021-02-21 You hold in your hands a beacon of light in our overly distracted digital world. Sebastian Slovin and Sonya Mohamed are co-founders of the wellness education organization Nature Unplugged. Since 2012, they have worked with thousands of clients - families, working professionals, educators and students - through workshops, coaching, and retreats, to help them cultivate wellness in the digital age. In their newest book, Experience Nature Unplugged: A Guide to Wellness in the Digital Age, they not only detail the problem - why we are so obsessed with our screens and devices - but more importantly, focus on how to find solutions that work. Breaking free from the clutches of technology overuse isn't just a nice idea; it's something that is absolutely achievable. These pages hold the same ideas, research, methods and tools that have consistently worked for Nature Unplugged clients, and they are now available to you. This book is for anyone looking to navigate today's noisy digital world with more intention. It's a step-by-step journey toward wellness and balance in the digital age.

what is digital wellness: Net Smart Howard Rheingold, 2012-03-16 A media guru shows us how to use social media intelligently, humanely, and, above all, mindfully. Like it or not, knowing how to make use of online tools without being overloaded with too much information is an essential ingredient to personal success in the twenty-first century. But how can we use digital media so that they make us empowered participants rather than passive receivers, grounded, well-rounded people rather than multitasking basket cases? In Net Smart, cyberculture expert Howard Rheingold shows us how to use social media intelligently, humanely, and, above all, mindfully. Mindful use of digital media means thinking about what we are doing, cultivating an ongoing inner inquiry into how we want to spend our time. Rheingold outlines five fundamental digital literacies, online skills that will help us do this: attention, participation, collaboration, critical consumption of information (or crap detection), and network smarts. He explains how attention works, and how we can use our attention to focus on the tiny relevant portion of the incoming tsunami of information. He describes the quality of participation that empowers the best of the bloggers, netizens, tweeters, and other online community participants; he examines how successful online collaborative enterprises contribute new knowledge to the world in new ways; and he teaches us a lesson on networks and network building. Rheingold points out that there is a bigger social issue at work in digital literacy, one that goes beyond personal empowerment. If we combine our individual efforts wisely, it could produce a more thoughtful society: countless small acts like publishing a Web page or sharing a link could add up to a public good that enriches everybody.

what is digital wellness: How to Break Up with Your Phone Catherine Price, 2018-02-13 This evidence-based, user-friendly guide presents a 30-day digital detox plan that will help you set boundaries with your phone and live a more joyful and fulfilling life. "I wrote The Anxious Generation to help adults improve the lives of children. Many readers have asked me for a version of the book aimed at helping adults and teens help themselves. Catherine Price has written the best

such book.”—Jonathan Haidt Do you feel addicted to your phone? Do you frequently pick it up “just to check,” only to look up forty-five minutes later wondering where the time has gone? Does social media make you anxious? Have you tried to spend less time mindlessly scrolling—and failed? If so, this book is your solution. Award-winning health and science journalist and TED speaker Catherine Price presents a practical, evidence-based 30-day digital detox plan that will help you break up—and then make up—with your phone. The goal: better mental health, improved screen-life balance, and a long-term relationship with technology that feels good. This engaging, user-friendly guide explains how our smartphones and apps are designed to be addictive and how the time we spend on them is increasing our anxiety and damaging our abilities to focus, think deeply, form new memories, generate ideas, and be present in our most important relationships. Next, it walks you through an effective and easy-to-follow 30-day plan that has already helped thousands of people worldwide break their phone addictions and feel more fully alive. Whether you need help for yourself or for your family, friends, students, colleagues, clients, or community, *How to Break Up with Your Phone* is the ultimate guide to digital detoxing. It’s guaranteed to help you put down your phone—and come back to life.

what is digital wellness: Workplace Wellness that Works Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs *Workplace Wellness That Works* provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? *Workplace Wellness That Works* shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, *Workplace Wellness That Works* skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

what is digital wellness: Screenwise Devorah Heitner, 2016-10-04 *Screenwise* offers a realistic and optimistic perspective on how to thoughtfully guide kids in the digital age. Many parents feel that their kids are addicted, detached, or distracted because of their digital devices. Media expert Devorah Heitner, however, believes that technology offers huge potential to our children—if parents help them. Using the foundation of their own values and experiences, parents and educators can learn about the digital world to help set kids up for a lifetime of success in a world fueled by technology. *Screenwise* is a guide to understanding more about what it is like for children to grow up with technology, and to recognizing the special challenges-and advantages-that contemporary kids and teens experience thanks to this level of connection. In it, Heitner presents practical parenting hacks: quick ideas that you can implement today that will help you understand and relate to your digital native. The book will empower parents to recognize that the wisdom that they have gained throughout their lives is a relevant and urgently needed supplement to their kid's digital savvy, and help them develop skills for managing the new challenges of parenting. Based on real-life stories from other parents and Heitner's wealth of knowledge on the subject, *Screenwise* teaches parents what they need to know in order to raise responsible digital citizens.

what is digital wellness: *Digital Detox: The Ultimate Guide To Beating Technology Addiction, Cultivating Mindfulness, and Enjoying More Creativity, Inspiration* Damon Zahariades, 2018-01-02

Are you addicted to your phone? Are you spending too much time on Facebook, Twitter, and Instagram? Is the internet causing you to feel depressed, lethargic, and unmotivated? If so, you're not alone. More people than ever are realizing their phones, laptops, and other devices are negatively impacting their quality of life. Their relationships are suffering. Their stress levels are increasing. Their sleep quality is in a tailspin. Many are even suffering chronic aches and pains. Being constantly plugged in comes at a severe price. Here's the good news: there's a simple way to enjoy a quieter, more relaxed daily experience. Take a vacation from technology. In *DIGITAL DETOX*, Amazon bestselling author Damon Zahariades provides an effective, step-by-step plan. Nothing is left to your imagination. Nothing is left unexplained. Every aspect, from the factors that led to your technology addiction to the life-changing benefits you'll enjoy after taking a technology vacation, is detailed in this fast-moving action guide. Creating a more rewarding lifestyle begins with giving yourself permission to disconnect. Buy *DIGITAL DETOX* today to experience more creativity, less anxiety, and a boost of inspiration!

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