

MEDIA BALANCE AND WELLBEING



POSITIVE DIGITAL
PARENTING



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Introductory Level

HAVE YOU EVER HAD THE FEELING
THAT YOU'VE SPENT TOO MUCH
TIME ON YOUR PHONE? WHAT WERE
YOU DOING?

SCREENS AND DEVICES HAVE BECOME
ESSENTIAL FOR US, AND CAN BE
EXCELLENT LEARNING DEVICES. WE CAN
USE THEM TO CONNECT WITH OTHERS,
GET SUPPORT, MASTER NEW SKILLS,
RELAX AND HAVE FUN. BUT ARE YOU
BALANCING YOUR SCREEN TIME AND THE
MEDIA YOU CONSUME? IS IT
CONTRIBUTING TO YOUR WELLBEING?

NOT ALL SCREEN TIME IS THE SAME. IF
YOU ARE CONSUMING MEDIA THAT GETS
YOU DOWN OR MAKES ANXIOUS OR
DEPRESSED, SPENDING TOO MUCH TIME
ON MINDLESS SCROLLING, YOU SHOULD
ASSESS AND REDIRECT YOUR FOCUS!

MENTAL HEALTH: USING TECH TO
SUPPORT YOUR WELLBEING IS
TECHNOLOGY MAKING LIFE BETTER OR
WORSE?



ANXIETY LOVES SOCIAL MEDIA!

WE HAVE ALL BEEN THERE:
SCROLLING, SCROLLING,
SCROLLING, AND THE NEXT THING
YOU KNOW, A WHOLE HOUR HAS
PASSED! SOME OF THE NEGATIVE
WAYS SOCIAL MEDIA CAN IMPACT
ON YOUR WELLBEING INCLUDE:

- DISRUPTING YOUR SLEEP
- FOCUSING ON APPEARANCE
- FAKE/MISLEADING IMAGES
- YOU CAN'T HELP BUT COMPARE
YOURSELF TO OTHERS
- CYBERBULLYING, TROLLING, CATFISHING,
ETC..
- FOMO [FEAR OF MISSING OUT]
- IT CAN BE ADDICTIVE
- YOU SPEND TIME SCROLLING INSTEAD OF
SOCIALISING OR ENGAGING IN SELF-CARE.

STRATEGIES FOR A MENTALLY HEALTHY FEED:

- FOLLOW PAGES THAT SUPPORT AND
PROMOTE DIVERSITY.
- PAGES WHO OFFER A BALANCED VIEW ON
LIFE (GOOD AND BAD DAYS).
- JOIN GROUPS WHERE YOU FEEL SAFE
AND SUPPORTED, AND CAUSES YOU ARE
PASSIONATE ABOUT.
- REMEMBER SOCIAL MEDIA SHOULD
ENHANCE SOCIALIZING WITH FRIENDS, NOT
REPLACE IT.
- TAKE A BREAK FROM TIME TO TIME. -
KEEP SOME THINGS JUST FOR YOU (PICK
AND CHOOSE WHAT YOU POST.

DID YOU KNOW THAT SOCIAL
MEDIA CAN BE GOOD FOR
YOU? SOCIAL MEDIA CAN
HELP YOU...

DEVELOP YOUR IDENTITY.

DEVELOP YOUR GOALS/ ASPIRATIONS

SOCIALIZE WITH FRIENDS

ACCESS SUPPORTS



FINDING BALANCE IN OUR DIGITAL LIVES

THE AMOUNT OF TIME YOU SPEND ON YOUR SCREEN CAN SNEAK UP WITHOUT YOU REALISING IT. WHAT CAN YOU DO IF YOUR SCREEN TIME HAS GOTTEN OUT OF BALANCE AND YOUR FEELING ANXIOUS?



GET OTHER ACTIVITIES DONE FIRST BEFORE YOU RELAX ONLINE. FOR EXAMPLE DO SOME EXERCISE, GET YOUR HOMEWORK AND CHORES DONE, WALK THE DOG AND SPEND TIME WITH YOUR FAMILY BEFORE TURNING ON YOUR DEVICE.



SCHEDULE SOME 'NO SCREEN TIMES' DURING YOUR DAY. SET UP TIMES TO 'UNPLUG'. MAKE MEALTIMES SCREEN FREE.



MAKE SURE YOU HAVE OFFLINE HOBBIES AND INTERESTS THAT YOU ENJOY REGULARLY, LIKE SEEING FRIENDS OR PLAYING SPORT.



WORK OUT HOW MUCH SLEEP YOU ARE GETTING? SLEEP SHOULD BE A PRIORITY, AS IT IS IMPORTANT FOR OUR PHYSICAL AND MENTAL HEALTH.

6 REASON TO TAKE A SMARTPHONE VACATION! SCREEN TIME:
HOW MUCH IS TOO MUCH?



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