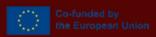
BALANCE AND WELLBEING





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 MIDLESS SCROLLING, YOU SHOULD ASESS 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 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 LIDE [GOOD AND BAD DAYS].

-JOIN GROUPS WHERE YOU FEEL SAFE
AND SUPPORTED, AND CAUSES YOU ARE
PASSIONATE ABOUT.

-REMEBER SOCIAL MEDIA SHOULD
ENHANCE SOCIALZING WITH FRIENDS, NOT
REPLACE IT.

-TAKE A BREAK FROM TIME TOO 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

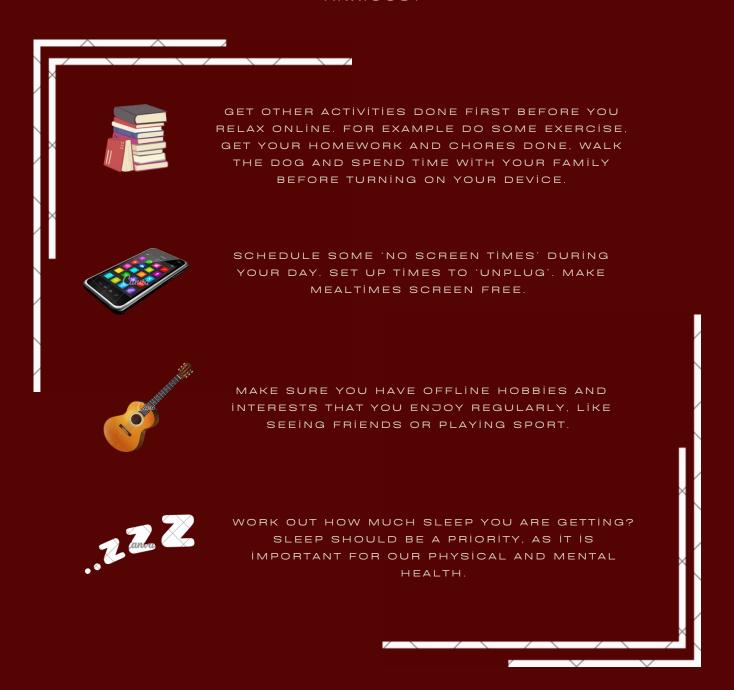
SOCIALIZE WITH FRIENDS

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?



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









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