

Name:

Date:

DIGITAL WELLNESS-TECH TALK

Productivity- Intentional Screen Awareness

Estimate the approximate amount of screen time you recorded in the past 24 Hours. Consider further how this aligns with your commitments, values, and goals. Are there any areas where adjustments can be made?

Environment- Digital Boundaries

Have you intentionally set aside uninterrupted, tech-free moments in the past 24 hours, such as during meals, bedtime, or activities? How effectively did you uphold these boundaries, and what challenges did you encounter? Did you notice increased productivity during these periods?

Communication- Conversation & Relationships

Have you used digital platforms for conversation in the last 24 hours? List the platforms, state the conversation's intentions, and assess if you felt connected. Have you actively sought face-to-face communication in the past day? Evaluate these interactions for positivity, meaningfulness, and supportiveness.

Mental Health-Self Awareness

Identify areas where technology use can influence your thoughts, behaviors, feelings, and emotions. Reflect on your emotional state before, during, and after technology use. Consider how these digital experiences may impact your mood and overall well-being.

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Physical Health & Wellness- Movement

Reflecting back, were you intentional about incorporating breaks and movement opportunities throughout your daily activities? How can you incorporate one small change to increase movement in your daily routine to support your physical well-being?

Digital Literacy- Educational & Creative Use

Detail the recent ways you have engaged in educational and/or creative activities using technology. Reflect on how these pursuits contribute to your knowledge, skills, and attributes, fostering personal growth and learning within the digital realm.

Citizenship- Expressing Gratitude & Kindness

Reflecting on the last 24 hours (online and offline), identify moments that brought a smile to your face. Did you actively seek and find ways to help or support others? Consider the moments that contributed to your well-being, ensuring that you and others felt cared for both online and offline.

Digitally Thriving

Reflect on your digital habits for holistic wellness. Assess how your technology use aligns with your well-being. Consider mindful choices to achieve a healthy balance between digital and physical aspects. What is one small adjustment you can make for a positive impact? How will you keep yourself accountable to this goal?

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