



# *Digitally Thriving*

— Digital Wellness —

Building the conducive  
environment for optimal learning

# Evolving Landscape

CREATING CONDUCIVE LEARNING ENVIRONMENTS IS INCREASINGLY DIFFICULT DUE TO TECHNOLOGY ACCESSIBILITY AND THE ATTENTION ECONOMY, WHERE USERS THEMSELVES FUEL DISTRACTIONS. HERE ARE KEY DISTRACTING FACTORS AND AREAS BEING EFFECTED BY INCONDUCIVE LEARNING ENVIRONMENTS:

- CONSTANT NOTIFICATIONS
- MULTITASKING
- ONLINE ENTERTAINMENT
- SOCIAL MEDIA
- ATTENTION SPAN
- INFORMATION OVERLOAD
- DIGITAL DISTRACTIONS
- DIGITAL LITERACY AWARENESS
- SCREEN FATIGUE
- PEER PRESSURE
- TIME MANAGEMENT SKILLS
- INCREASED LEVEL OF FOMO

# Environment

CULTIVATING A HEALTHY RELATIONSHIP  
WITH TECHNOLOGY AND OUR PHYSICAL  
SURROUNDINGS:

- ESTABLISHING ENVIRONMENTS THAT ARE CONDUCIVE TO CONCENTRATION AND FREE FROM DISTRACTIONS
- ESTABLISHING YOUR OWN DIGITAL BOUNDARIES
- BALANCE
- EMBRACE, ENRICH, AND ENJOYMENT
- INTENTIONAL REFLECTION OF OUR ENVIRONMENTS
- PHYSICAL ERGONOMIC AWARENESS OF ONESELF



# Spotting Potential Distractions in your Working Environment

IN THIS EXERCISE, YOU WILL PRACTICE IDENTIFYING AND RECOGNIZING POTENTIAL DISTRACTIONS IN A VIRTUAL WORKING ENVIRONMENT. THE GOAL IS TO DEVELOP YOUR AWARENESS OF FACTORS THAT CAN DIVERT YOUR OR OTHERS' ATTENTION WHEN TRYING TO WORK OR FOCUS ON TASKS. BY PINPOINTING THESE DISTRACTIONS, YOU'LL BE BETTER EQUIPPED TO CREATE A MORE CONDUCIVE AND PRODUCTIVE WORKSPACE.

**CLICK HERE**





# Spot the Distractions



**In this Environment**



# Spot the Distractions



**In this Environment**



# DISTRACTIONS & SOLUTIONS



Sharpen your detective skills as you spot, circle, and jot down those sneaky distractions that can thwart your learning efforts. But fear not, for in identifying these distractions, you're taking the first empowering step towards creating an ideal learning oasis.

Now, let's shift our perspective to one of optimism and creativity. Instead of dwelling on the negatives, let's explore three innovative solutions that not only foster a conducive learning environment but also promote your overall well-being:

**Distractions**

**Solution 1**

**Solution 2**



**Solution 3**



# BUILDING OUR OPTIMAL LEARNING ENVIRONMENT

## Reflect

How can you establish a safe, responsible, and productive environment with technology to enhance your goal achievement and task completion?

## Creativity

List or create a digital-friendly learning environment below for optimal learning and well-being.

\*What does it look, sound, and smell like? What things can you touch and envision in your optimal environment? \*

# THANK YOU FOR YOUR SUPPORT!

I wanted to take a moment to express my heartfelt gratitude for your support and initiative in educating students about digital wellness, healthy balance, and responsible technology usage. Your dedication and commitment to your students' well-being is inspiring. The knowledge and skills you're imparting in your students will have significant impact on their lives, both now and in the future.

Explore more resources and activities focused on digital wellness by visiting our website. If you found our team helpful and purposeful, we invite you to strengthen our rapport in the community by clicking below to leave a testimonial about your experiences.



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**Testimonials**

