

DIGITAL WELL BEING

Developing Healthy habits

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TEASA 2024

SESSION OBJECTIVES

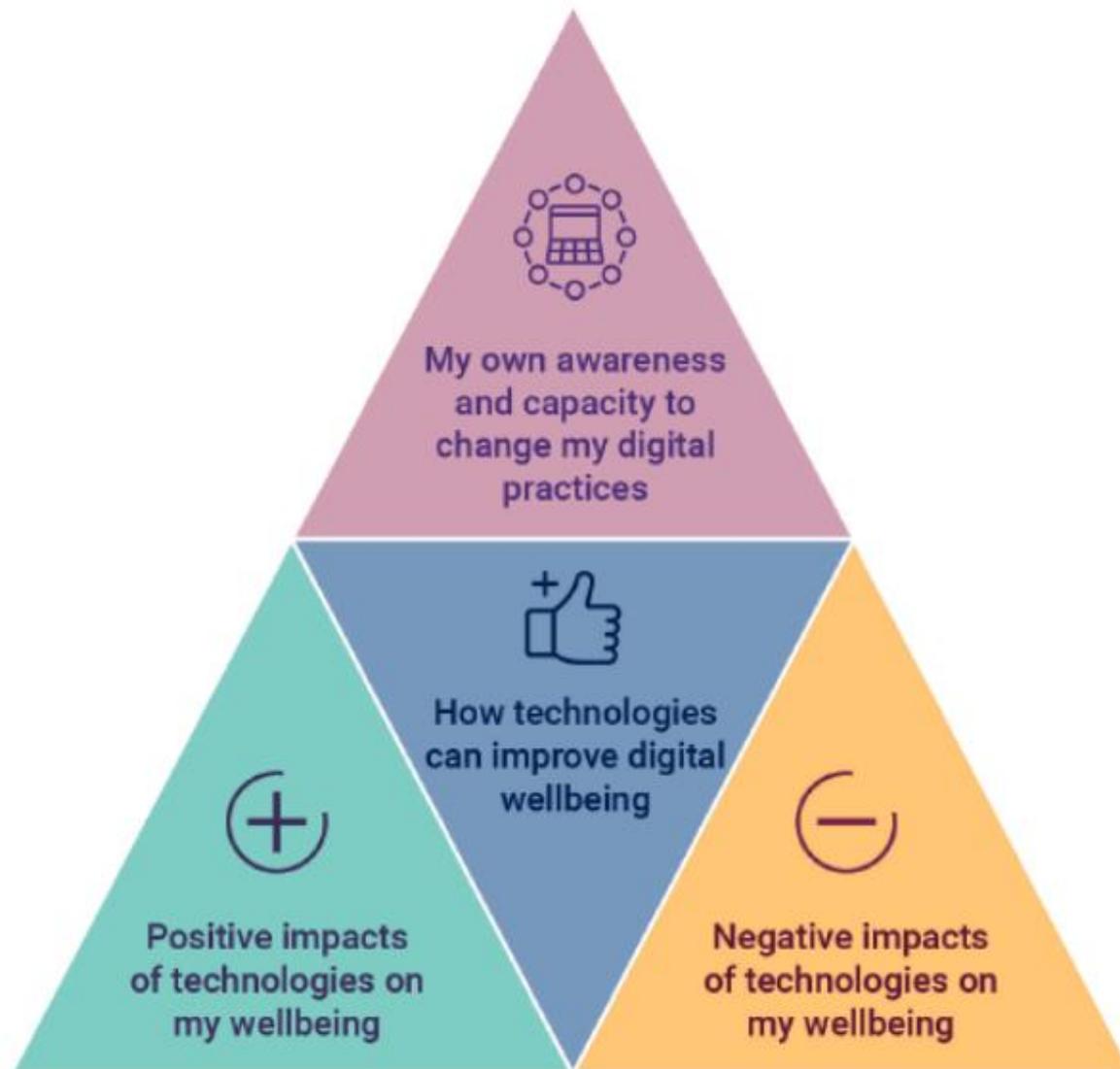
By the end of this session, participants should be able to :

- Define or describe 'Wellbeing'
- Know the pros and cons of the digital age
- Know proposed options for enhancing Wellbeing
- Appreciate attempted processes at CABU (2020-2025)



INTRODUCTION & BACK GROUND

- We live in changing times
- The digital age presents possibilities and challenges
- Emerging technologies are now all pervasive, a fact of life.
- Entities need to know how best to interact with these technologies.
- They need to develop appropriate strategies to maximize on possibilities and enhance well being.



Model showing four aspects of digital wellbeing for individuals (Jisc, 2019)

DEFINITIONS & DESCRIPTIONS

- Two elements: 'Digital' & 'Well being'

- **Description:**

"How we use or it [i.e. technology] sometimes uses us"
[technology]" York University (2023)

- **Definitions:**

"the scientific study of what makes life most worthwhile"
Peterson (2008)

"sense of self and our ability to live lives as closely as possible to
the way we want to..."- FutureLearn

"Peace of Mind"- Ann Holloway (2022)

DISTINCTION FROM MENTAL HEALTH

- The two concepts are distinct but related with Mental health being the broader concept encompassing well being
- Well being: healthy purposeful and satisfying life.
- Mental Health: 'specific signs and symptoms affecting normal functioning of the mind'

WHY WELL BEING?

- Technologies affect the way we live
- They are an inescapable reality of life
- Affects us in bigger ways than we realize:

“Digital technologies have permeated our everyday tasks and interactions in the 21st century. They have changed the way we learn, work and socialise.”-York Univ

“Everything is fluid and the idea of wellbeing and digital technology can’t be an exception!”-Natarajan Sangiah (2023).

- XXX

GOAL OF WELL BEING

- Safety
- Peace & Tranquility
- Happiness
- Health
- Purposefulness
- Well planned and healthy interactions between humans and technology
- Maximizing potential benefits.

THE ISSUES: PROS AND CONS

- Issues are matters demanding an answer and immediate action

YOUR DIGITAL WELLBEING MATTERS



Avoid looking at your phone for the first hour of the day



Mute or unfollow people that bring you down



Set realistic timers and keep to them



Keep your phone in a drawer when you're not using it



Take a day off. Enjoy nature and get some exercise



Do more of the bits you love, and get help with the bits you loathe

Positive	Negative
Efficient	Addictive (Nao <u>Hanchan</u> 2023)
Makes life easier	Can be costly in some contexts, or even on health in the long run if not well managed
Large amounts of easily data transmittable	Digital identities can be troubling leading to all sorts of things. In the quest to maintain these identities, at times leads to extremes.
Health helps (monitoring, operations etc.)	No rest, always connected to the world. Privacy redefined. The historical divide between private time and public is blurred. Always 'busy' irrespective of the clock hour.
Makes data review and upgrade/update easier/quicker	Adversely affects personal relationships, some times. At other times, it even wrecks sound relationships.
Connections and linkages	With AI, <u>chatbots</u> can be trained and fed wrong things.
Wider and easier global reach	Could easily be misled, due to fake news. Prone to deception unless trained to discern between truth and fake news. AI makes it doubly harder to tell.
Easy access to stuff (e.g. shopping)	Digital over load (Caroline <u>Nabb</u> 2023)

Easier access to content	Little or wilted deep learning, low mental processing. Brain structure and processing altered (Carr 2010). Lower memory, thought processes and mental bandwidth. Mental productivity equally drops with the rise of AI that can generate data and information within seconds that ordinarily takes several years to patch together.
Ecommerce, business opportunities, job search etc.	Kills or adversely affects reading culture. The hard copy is hardly lifted to be read.
Shrinks the world into a global village. 'Time and distance are collapsed' (Hill 2003).	Long screen time affects eye and body health (due to sedentary life style)
Enables distributed and disparate virtual networks and work spaces (anywhere, anytime-	Less interpersonal interactions (e.g. because of
e.g. virtual offices, companies etc.)	gamifications, social media etc.
Less Carbon footprint leading to paperless offices etc. Potentially environmentally friendly away from deforestation to get paper or temperature raising.	Lower productivity in some areas due to distractions.
Enabling to efficiently execute complex operations including multitasking	Plastic life style, not authentic becoming tiring over time.
Creates or preserves space. No need for large concrete structures or large storage spaces. Most things are digital.	24/7 being tracked via your device, habits, places and what sites visited etc. Privacy lost (Dr D Beer, York University). Algorithms track you and ensure you are captivated

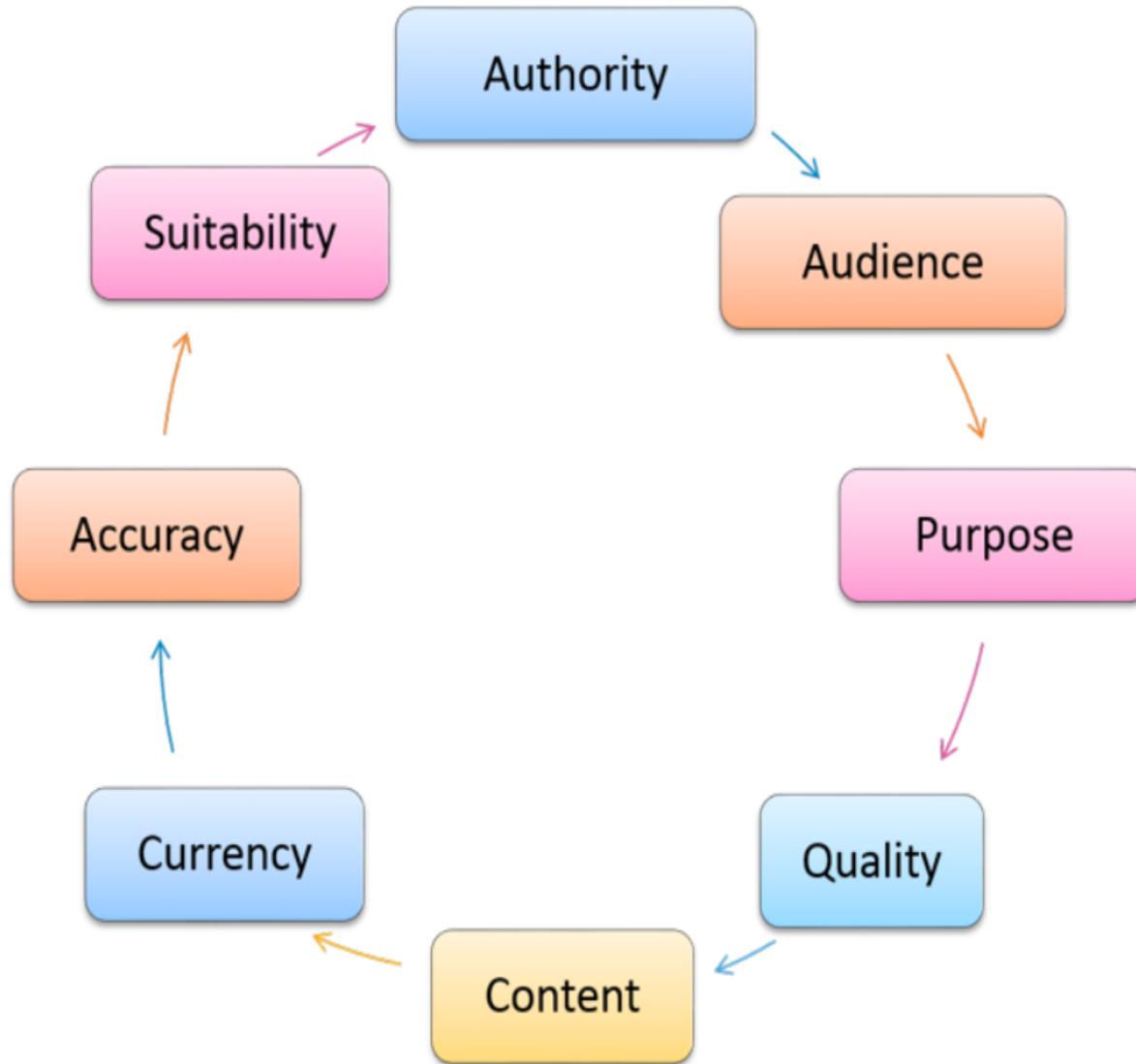
	Clients generate data for the multinationals leading to digital, exploitation, privacy breach, colonization, others profit on your data etc.
	Sleep depth, rhythm and soundness affected
	Multiple attention detraction points



Source: Research data (2024); Future Learn Course 2023

SUGGESTED WAYS TO ENHANCE WELLBEING

- Reflect on daily digital habits
- Track your screen time. Use suggested template for a week.
- Avoid sedentary life, exercise, walk about, pull away from the screen;
- Break your screen time sessions
- Use blue light filter lenses
- Minimize screen time
- Declare occasional voluntary 'digital Sabbaths'
- Check your information sources



The above diagram represents an accepted framework for evaluating information.

TAKE HOME LESSONS

- The digital age is permanent, we will need to adjust while remaining godly.
- Cultivate healthy interpersonal habits
- Be in control of digital devices not the opposite
- Welcome emerging technologies and ethically use them
- With emerging AI, technologies are learning and may not necessarily be 100% correct.
- Sharpen your discernment skills
- Check your information sources

Transition to CABU experience...