



DIGITAL WELLBEING

Digital wellbeing is all about finding a healthy balance between the benefits and drawbacks of technology

How can I improve my own digital wellbeing?



Alter your settings to **limit your scrolling time** on Instagram

[Read more](#)



Use **task management tools**, such as Microsoft To Do or Microsoft Planner to reduce stress while working

[Read more](#)



Reduce eyestrain whilst using different devices by:

- Following the **20-20-20** rule
- Using blue light filters
- Enabling dark mode

[Read more](#)



Use **Finch**, a **self-care app** to help you set realistic wellness goals throughout the day

[Read more](#)



Minimise distractions from your devices:

- Disable notifications
- Remove unused apps
- Enable *Do-Not-Disturb* overnight
- Keep your phone out of sight and out of mind!



DIGITAL SKILLS TEAM

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Watch short **digital wellbeing courses** from LinkedIn Learning

[Students](#) [Staff](#)



Make the most of technology to track your **fitness goals**

fitbit Apple GARMIN