

Digital health

- how to find a 'digital balance'



Visit the Sovereign Resource Hub and learn about...

- ✓ The benefits and challenges of living in a digital world
- ✓ Why digital dependency is more common than you think
- ✓ How to find and maintain a healthy digital balance
- ✓ Activities to help you stay physical in a digital world
- ✓ The support available if you need it

www.sovereignresourcehub.co.uk

podcast • toolkit • top tips • support links • activities



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