Digital health

- how to find a 'digital balance'

Time is precious so why not swap some of your digital behaviours to help achieve a healthier balance and more time for you!

Set times

Schedule downtime when you don't use your devices and also time when you can use them. Dedicated device time encourages positive, conscious behaviour, rather than negative habitual use.

For more resources to help support your health and wellbeing, visit

www.sovereignresourcehub.co.uk

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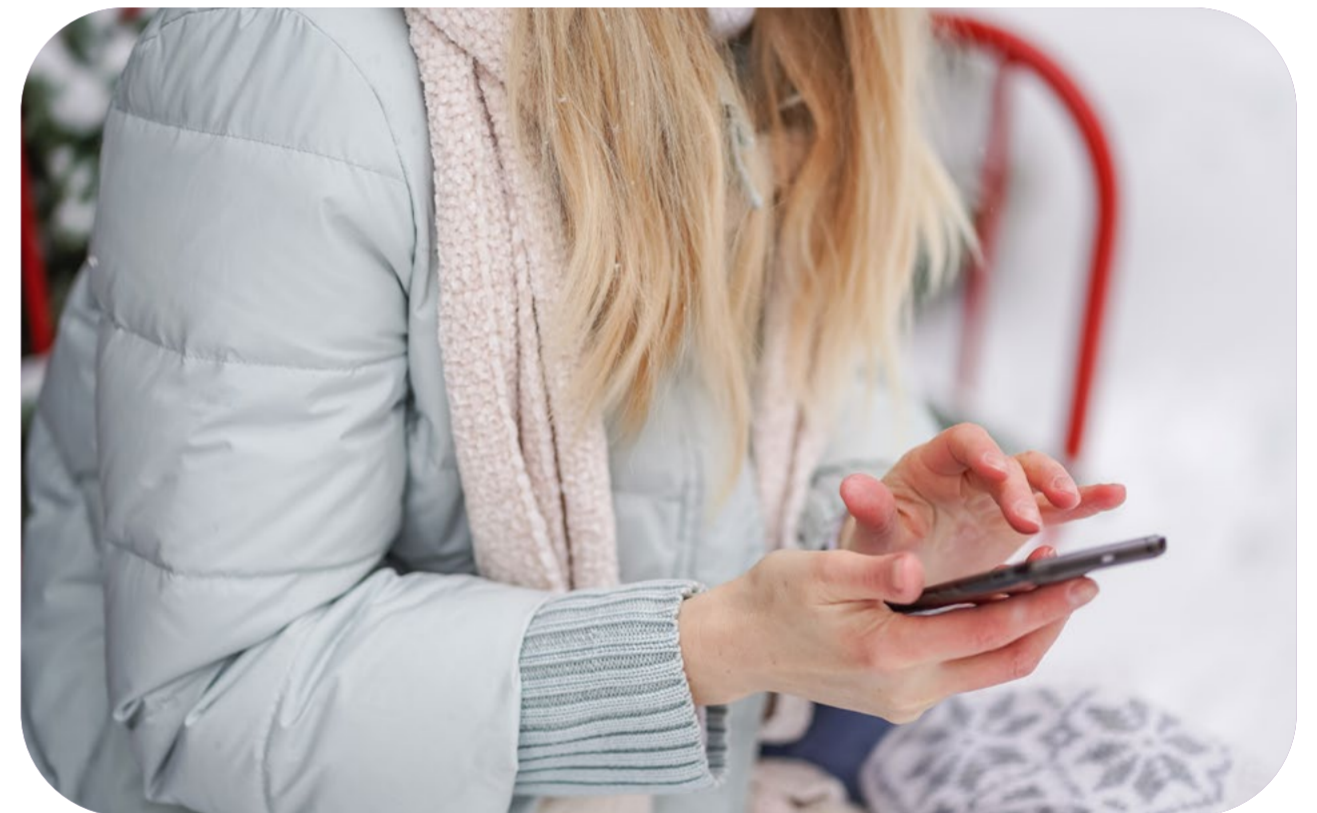
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Walk away

If you find that certain social media sites or groups make you feel anxious, worried, frustrated or angry, then walk away from them. Better still ask yourself if you would be better without these and delete them altogether.

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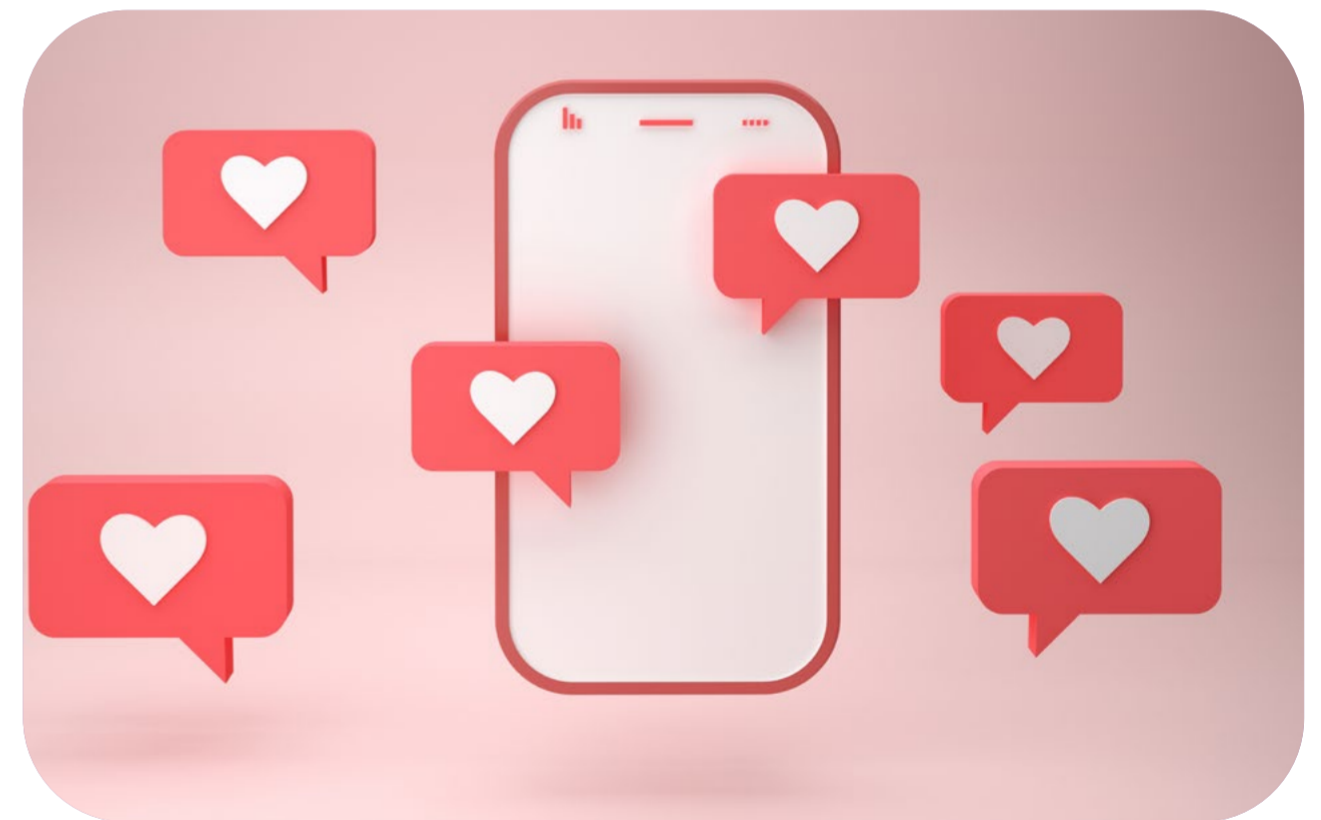
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Alerts off

Turn off notifications and alerts especially when you are focussing on key tasks.
This can help you to be more productive and help break the habit of reaching for your device when it sounds.

Remember, it's ok to unfollow or unsubscribe!

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Phone free space

Put your phone somewhere that doesn't allow you to simply pick it up as and when you like. A key rule could be to keep it out of your bedroom.

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