

Worksheet 1.7:

Managing Your Online Wellbeing



There are three main ways of managing your online wellbeing. The first is recognising it's important to make time for rest and reflection so that you have a healthy balance of activities in your life on and offline. The second is through changing your habits and attitudes to make the most of your time online. Finally, by being mindful of your time management: if your time is better organised, your online life won't get in the way of other things you need to do.

Making Time for Rest and Reflection

- Turn off your notifications. You can't relax when your phone is always pinging or buzzing, or even when you're expecting it to.
- Play a game of "phone stack" with your friends: when you're hanging out together, everyone puts their phones (or any other digital device) in a pile. Whoever can last longest without picking theirs up wins!
- Log out of all your social networks, turn off wi-fi or turn off your phone at bedtime and you'll be better rested for it.
- Schedule screen free times. Research has shown that even ten minutes of doing things like going for a walk, exercising, or spending time with a friend – can do a lot to relieve stress.
- Take an occasional break from social media and digital devices. If that sounds hard for you, start with one day a month and try to work up to one day a week or more.

Changing Habits and Attitudes

- Don't compare yourself to people you see online – including your friends. Remember everyone is trying to look like they are living their best life!
- Be in the moment. When you're doing something fun, enjoy it. Don't worry about getting pictures of it or worrying about what other people will think of it.
- Accept that you can't be there for everything – even virtually. Trying to keep tabs on everything will just stress you out.
- Don't take it personally. Odds are, your friends aren't posting things to make you jealous: they're trying to make themselves and their lives look good, just like you.

Time Management

- You can't do everything. Think about the things that are most important to you (School? Family? Hobbies? Work?) and make sure to put those first.
- Make a to-do list of things you need to do and use a planner to keep track of them.
- Put an alarm on when playing games online to show you how long you have been playing for and to take a break from the screen. This will ensure you don't lose track of time playing games.
- Decide ahead of time when you're going to check social media. Do it at specific times (every half hour, for example, or when you've finished a specific task) rather than whenever you feel like it.