

DIGITAL WELLNESS

# DIGITAL ROUTINES



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## CHAPTER 1

# SCREEN TIME BALANCE

What healthy **habits** do you have?  
Do you see a doctor for checkups?  
Do you eat **balanced** meals?





You can have healthy screen habits, too. Think about the screens you see in a day. Do you use a smartphone? A computer? A tablet? Do you use screens at home? At school? Both? Minutes spent on screens can add up to hours!



**Devices** keep us connected to information and each another. But too much screen time can be unhealthy. It can tire our eyes. It can give us headaches. We might even lose sleep. How can you make healthy digital **routines** so you can feel your best?

### HOW MUCH IS TOO MUCH?

Pay attention to how you feel when you use screens. Are your eyes tired? Does your head hurt? Do you feel angry? Are you arguing with others? If so, you have been online too long!







## CHAPTER 2

# HEALTHY ROUTINES

We can use screens to learn. We look for facts, watch animal videos, or learn new languages. We can also use them to play games, watch movies, and chat with friends.







The **content** we see is designed to keep us **online**. It shows us things we like. Our bodies release **dopamine** when we check our devices. It makes us feel excited. It makes us want to stay online!



# GOALS AND TOOLS

## GROW WITH GOALS

Creating healthy routines takes practice. Set goals for yourself to help.

**Goal:** Track your screen time for one week. How many hours were you online each day? Were there some days you were on more or less? Why?

**Goal:** Make a screen-free zone at home. Make this a comfortable place to do things that do not need a screen. You can read books, write stories, play board games, do puzzles, or spend time with family and friends.

**Goal:** Create a list of rules for how much time to be online, when to be online, and what content you view. Keep it in a place you will see it. Remind yourself why it is important to be healthy online.



## TRY THIS!

Sometimes people turn to screens when they feel sad or upset. There are healthier ways to deal with these emotions. Practice these, and see which ones help you:

- Talk to a trusted friend or a family member.
- Write in a journal or draw pictures.
- Take slow, deep breaths.
- Go outside, and move your body.
- Ask for help if you need it!

