

READ MORE ABOUT IT:

What is Mindfulness? (website with lots of information about mindfulness)

<http://www.mindfulnet.org/page2.htm>

Mindfulness playlist (a collection of video talks about the brain, & digitally mindful strategies)

<http://www.youtube.com/playlist?list=PLerh9hpJs-SXRFBtdnKggy2CU2C-oD6iR>

How a mindful approach to computer and smartphone use might just make you happier (article about our relationships with these devices and how we use them) <http://t.co/XvDFoWanm8>

Being mindful in a digital age (article about the benefits of mindfulness and advice for getting started) <http://www.huffingtonpost.com/hannah-ross-crane/being-mindful-in-a-digital-age-6063536.html>

The Third Metric (online Huffington Post magazine section on digital mindfulness)

<http://www.huffingtonpost.co.uk/news/third-metric>

CRITICISM OF THE DISCONNECTIONIST STANCE:

We don't need digital detox, but there is a need to rethink our relationship with technology (article which argues that "Disconnecting from digital technologies is like sticking our heads in the sand")

<http://theconversation.com/we-dont-need-digital-detox-but-there-is-a-need-to-rethink-our-relationship-with-technology-40346>

The Disconnectionists (article exploring the "moral preoccupation with immoderate digital connection")

<http://thenewinquiry.com/essays/the-disconnectionists>

'Camp Grounded,' 'Digital Detox,' and the Age of Techno-Anxiety (article which argues that "we may be able to manage our relationships with [technologies], but we need to know what they are trying to do, technically, culturally, and financially) <http://www.theatlantic.com/technology/archive/2013/07/camp-grounded-digital-detox-and-the-age-of-techno-anxiety/277600>

CRITICISM OF THE MINDFULNESS MOVEMENT:

The mindfulness business (Article that questions whether the "biggest problem with mindfulness is that it is becoming part of the self-help movement" <http://www.economist.com/news/business/21589841-western-capitalism-looking-for-inspiration-eastern-mysticism-mindfulness-business>

The Mindfulness Racket (article encouraging us to question the "embrace of the mindfulness agenda by the technology crowd" & perhaps "pursue an agenda a tad more radical than "digital detoxification"

<http://www.newrepublic.com/article/116618/technologys-mindfulness-racket>

EXPLORING YOUR RELATIONSHIP WITH TECHNOLOGY:

12 signs of digital overload (slides to help you ask yourself "am I in control?")

http://www.huffingtonpost.co.uk/2015/02/04/unplugged-live-mindfully-in-digital-world_n_6614090.html#slide=start

I forgot my phone (a 2 min film that went viral in 2013 and prompts us to stop and think about the amount of time we actually spend engaging with the world around us)

<https://youtu.be/OINa46HeWg8?t=5s>

Learning Services, Edge Hill University



FINDING A BALANCE THAT WORKS FOR YOU – SOME STRATEGIES

Turning off technology is about mental wellbeing – not becoming a digital hermit (article arguing that we don't have to choose between being a technological philistine or an evangelist)

<http://www.theguardian.com/technology/2015/apr/30/turning-off-technology-mental-wellbeing>

Conquering Digital Distraction (article with advice from Larry Rosen, a psychologist, and Alexandra Samuel, a technologist, about how to control the digital overload rather than letting it control you)

<https://hbr.org/2015/06/conquering-digital-distraction>

CLICK FOR CALM:

Headspace (digital health platform, providing guided meditation sessions and mindfulness training)
<https://www.headspace.com>

Flowy (free app developed by Centre for Anxiety Disorders and Trauma, Kings College, London, to reduce stress and anxiety) <http://www.flowygame.com>

Stop, Breathe and Think (free guided mediation app for Apple/Android and website)
<http://stopbreathethink.org>

How to turn your smartphone into your personal therapist (article about the growing number of relaxation, mindfulness, and meditation apps & why the tech world is scrambling to find a way to digitize the therapy process) <http://www.fastcompany.com/3047894/how-to-turn-your-smartphone-into-your-personal-therapist>

CLICK FOR CONTROL:

Digital mindfulness (article summarising tips from William Powers' book 'Hamlet's Blackberry', about navigating the virtual world) http://www.huffingtonpost.com/meghan-keener/digital-mindfulness_b_1901974.html

4 ways to cure your technological addiction (article with useful tips for those of us experiencing technological overload) <http://www.fastcocreate.com/3018102/4-ways-to-cure-your-technological-distraction-addiction>

Developing Razor Sharp Focus (article which includes a mindmap of strategies to help you sharpen your focus) <http://learningfundamentals.com.au/blog/developing-razor-sharp-focus-with-zen-habits-blogger-leo-babauta>

This App Is Trying To Break You Of Your Smartphone Addiction (article about Moment an app that tracks your daily iPhone use and warns you when you're on it for too long) <http://read.bi/UQpfqc>

Look Up Project. (website with information and tips on making mindful choices about your use of technology) <http://www.lookupproject.org>