



**DIGITAL MINDFULNESS: HOW ARE
DIGITAL TECHNOLOGIES SHAPING
THE WAY WE LIVE, AND (HOW)
CAN WE TAKE CONTROL?**

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Overview

- **Digital what?**
- **Exploring your relationship with technology**
- **Finding a balance that works for you**



DIGITAL WHAT?

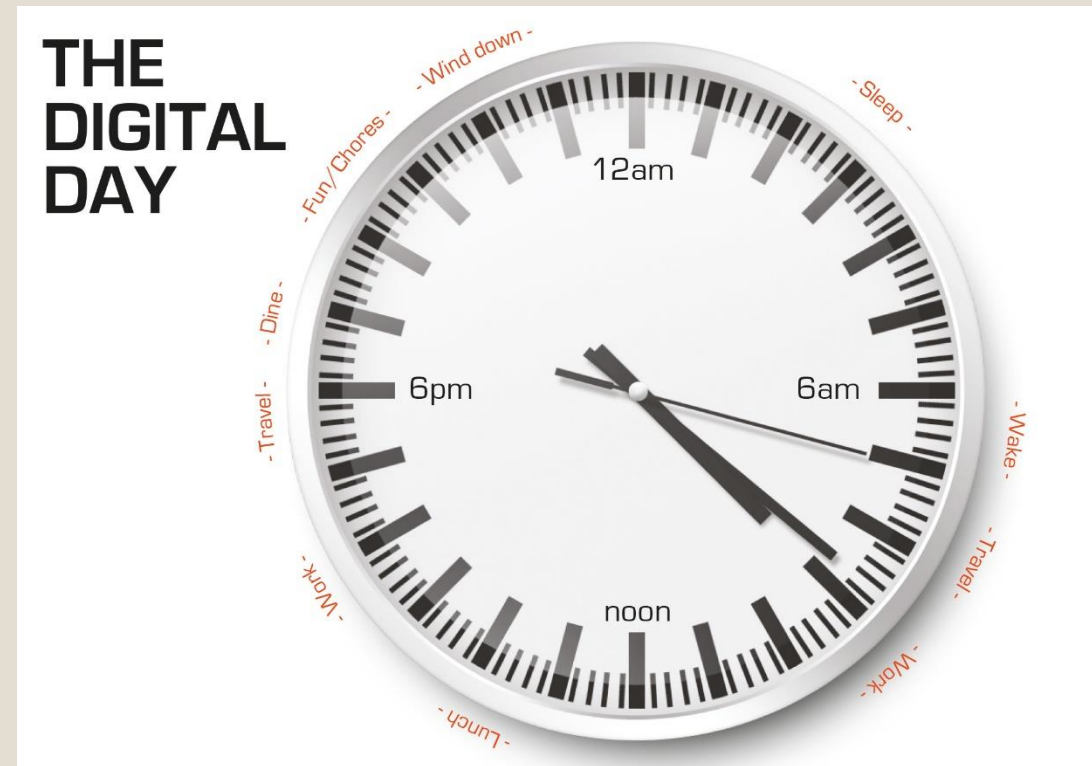


**EXPLORING YOUR
RELATIONSHIP WITH
TECHNOLOGY**

Poster 1: The Digital Day

What technology habits do you have?

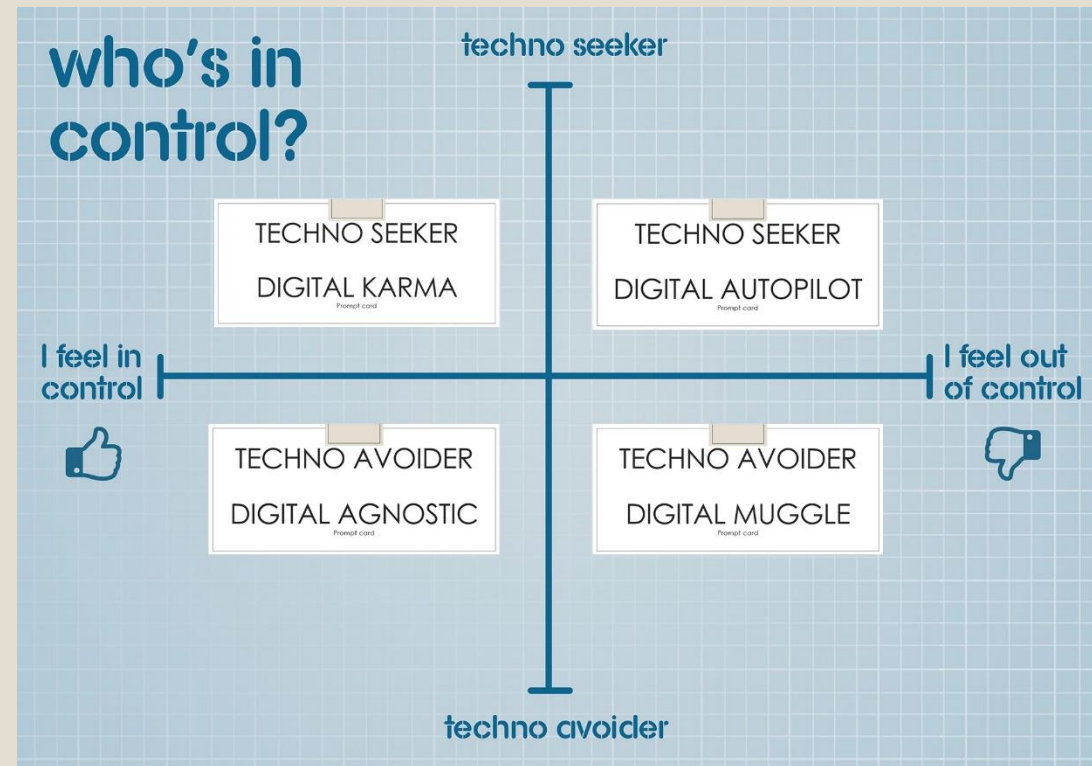
Draw on the clock to show when and how technologies feature during a typical day for you.



Poster 2: Who's in Control?

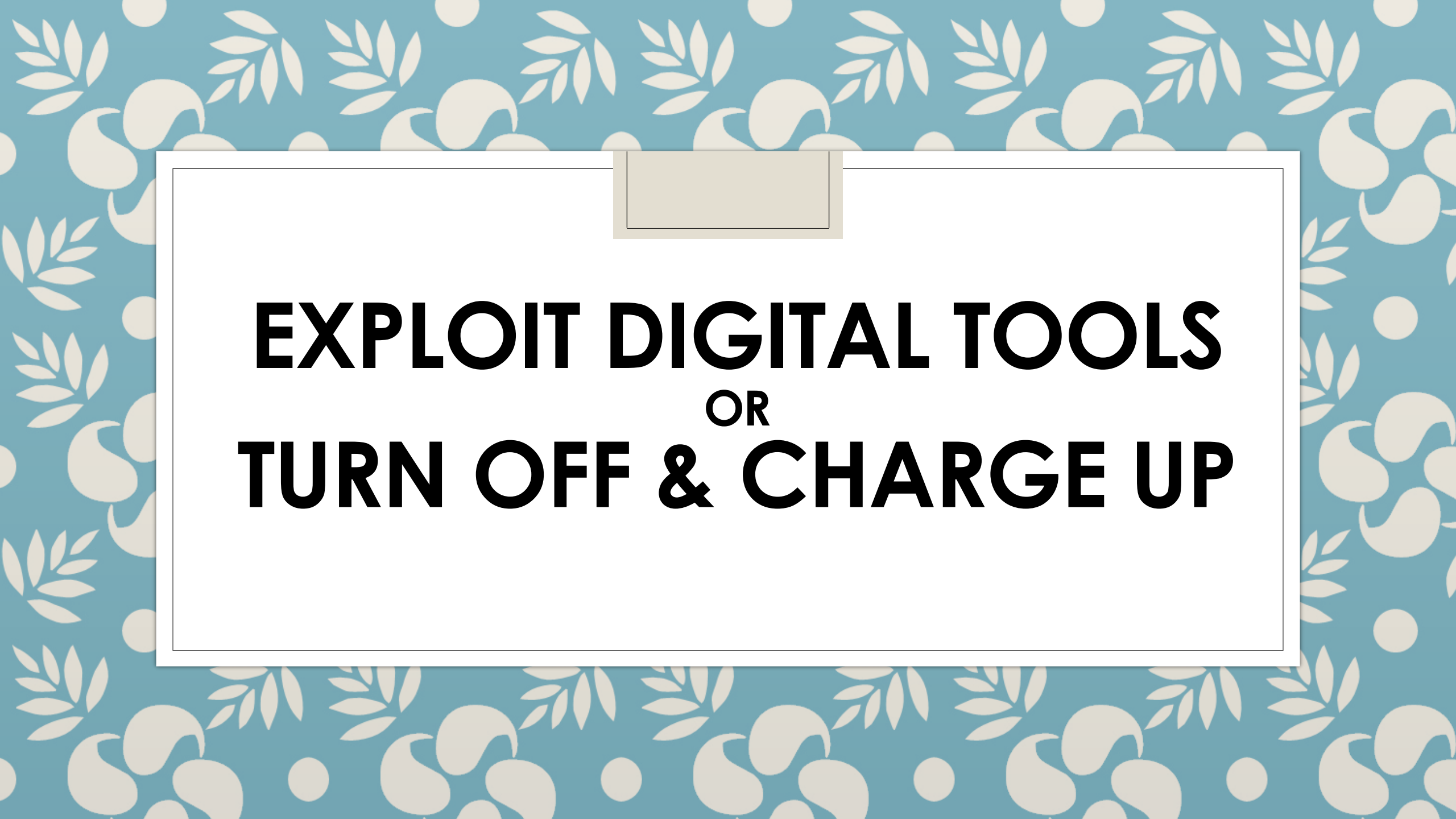
Why do you use technology in the way that you do?

Plot the technologies you use and avoid on the grid according to how they make you feel.





**FINDING A BALANCE
THAT WORKS FOR
YOU**



**EXPLOIT DIGITAL TOOLS
OR
TURN OFF & CHARGE UP**

What do you think? What could you try? Will you...

- *Experiment with single tasking*
- *Limit your screen use before bed*
- *Make mealtimes gadget free*
- *Check your social media feeds at specific times*
- *Change the way you work with your emails*
- *Go to a pub/gig and resist taking photos or videos*
- *Leave your phone at home/switched off for a day*
- *Try out a relaxation, mindfulness, or meditation app*
- *Define times when you are “on” and “off” - and stick to your plan!*



**THANKS FOR BEING
PRESENT IN THIS
WORKSHOP**