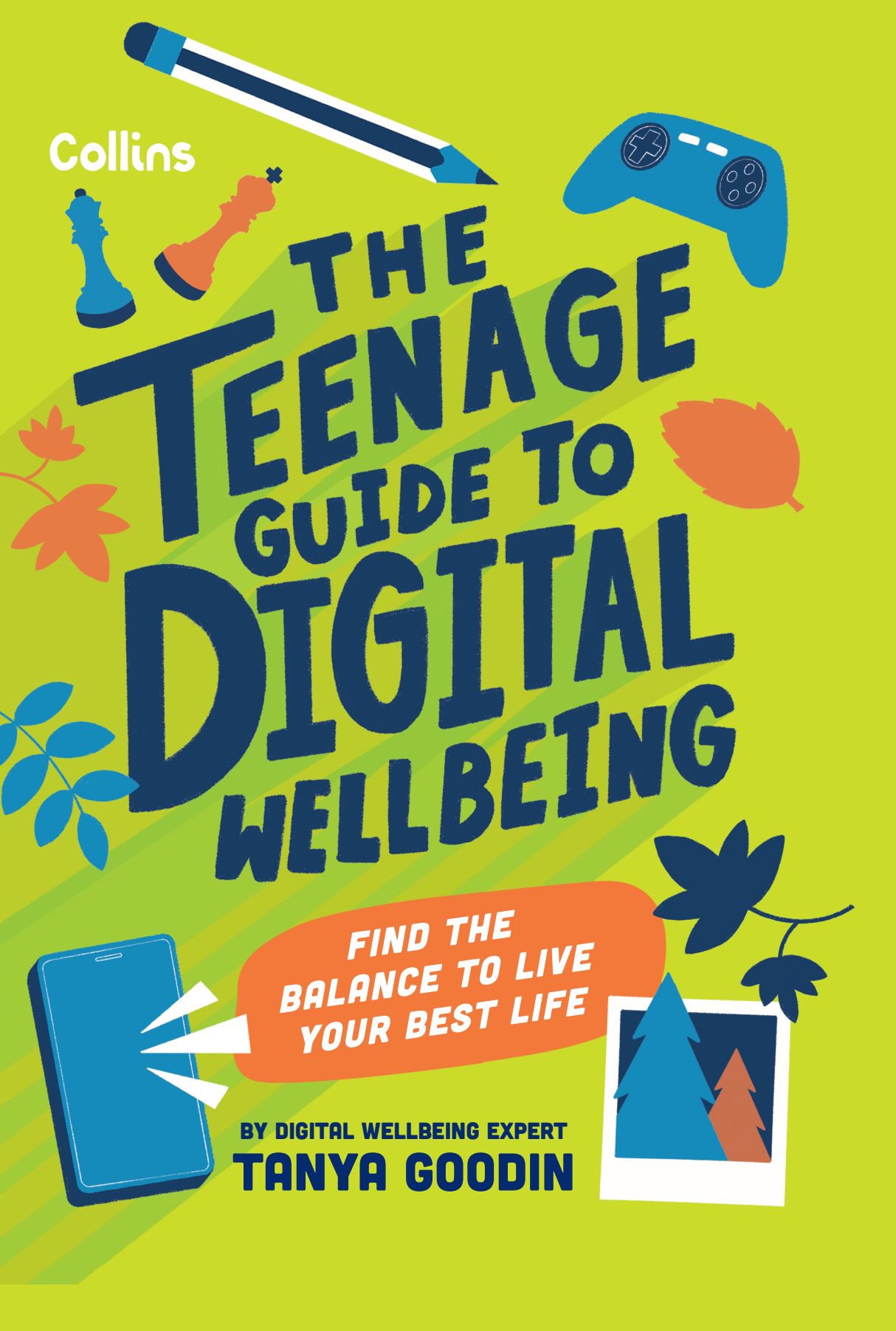

Collins
THE TEENAGE GUIDE TO DIGITAL WELLBEING
FIND THE BALANCE TO LIVE YOUR BEST LIFE
BY DIGITAL WELLBEING EXPERT
TANYA GOODIN

THE TEENAGE GUIDE TO DIGITAL WELLBEING

Collins

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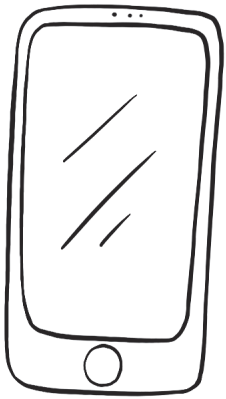
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So, what's digital wellbeing all about?

Digital wellbeing is about striking the right balance between your online and offline life, making sure that the time you spend on screens enhances your health and happiness and doesn't overshadow the uniquely real-world experiences that make life meaningful. You can think of it as being mindful of your digital consumption (what you do on screens) to stay mentally and emotionally healthy and happy.



It's important to be mindful of your digital use because of the particular way the digital world is designed. It's an incredible place; entertainment, education, connection with friends – all at your fingertips. But so much of the internet is one big advertising machine. It's deliberately designed to keep us online for as long as possible, with the hope of selling something to us as we scroll.

That makes it very hard for everyone, adults and teens alike, to log off, put their screens down and go and do something else.

And even when we're very happily online, some of the features designed to keep us there for longer can make some of the internet a not-very-nice place.

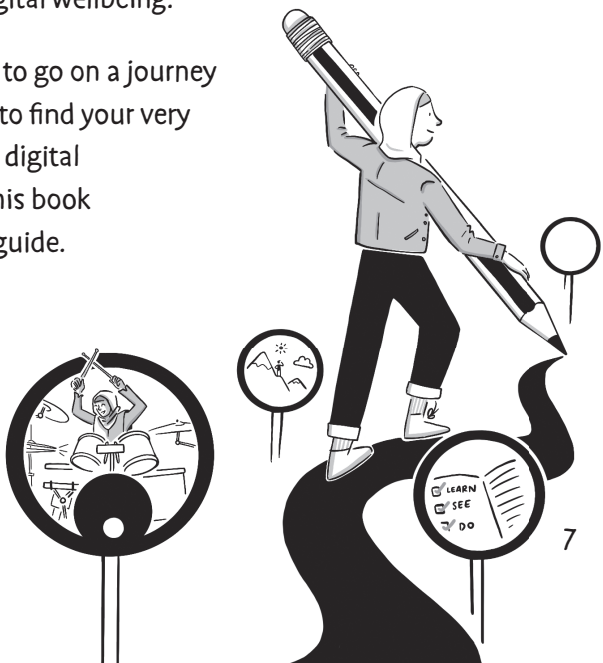
It's no wonder that:

- 56% of teens say they wish social media had never been invented
- 60% of adults* say they are 'hooked' on their devices. (* you probably know one that is!)

So, how do you live your best life both online and off? And how do you use your smartphone and the digital world for all the good stuff, but not the bad?

That's what digital wellbeing, and this book, is all about! It's your route map to living healthily and happily with your smartphone and other devices. It will help you work out how to make sure that all your online activities keep you happy and healthy, and also how to find time for some of the experiences and joys that only life offline can bring. The sweet spot of the balance between the two is what we call achieving digital wellbeing.

You're going to go on a journey of discovery to find your very own state of digital wellbeing. This book will be your guide.



Creating a logbook

To make the most of your journey towards discovering digital wellbeing, try creating a logbook of your journey as you work through this book. Logbooks were originally developed by sailors many years ago to help them keep track of wind speeds, direction, distances and positions on their nautical voyages.

Looking back at old logbooks we can see they are very visual records of each journey at sea, with a huge variety of unique symbols, scribbles and notes added by the person keeping the log. They're quite different from journals in that they're not just words, they use pictures and shapes and diagrams to build up a vivid picture of a journey.

Keeping a logbook of your journey to digital wellbeing will help you notice and create healthy habits around your life online, and off. The knowledge you gain about yourself from filling in and viewing your logbook will make you mindful of your digital habits. And being mindful of your digital habits is the key to digital wellbeing.

To start keeping a logbook you will need:

- This book (there's a section at the end of every chapter for your 'log')
- Coloured pens and pencils
- Your own 'visual key' of what you are logging.

Your visual key

Your logbook's visual key will be your way of recording the things you are doing that are helping you achieve your goals (see Month 1). To spark some ideas, the examples on the right represent time with friends, time spent off screens, time spent outside, and time spent trying out a new analogue activity (in this case, chess), amongst others. These are the kinds of things you'll be logging throughout the book.

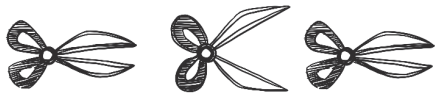


But you should also think about what *you* want to log that aligns with your unique goals and design a visual key that fits with that. You really don't have to be remotely artistic to design a visual key of symbols that work for you – anything simple that you attach your own meaning to is ideal.

Your logbook is entirely personal to you; the symbols and tracking around your digital wellbeing don't need to make sense to anyone else. It's your own unique code – it can be as easy or as complicated to understand as you want it to be.

Sample logbook

Here's an idea of what a completed logbook for one month might look like. This person has been logging lots of different hobbies and habits – from the number of times they meditated or practised their art, to how many times they enjoyed their favourite food, tacos! You can refer back to this example for inspiration as you progress with your own logbook.



crafting



1–hour screen breaks



tacos!



times I felt <u>really</u> happy



went to football



meditation



acts of self–care



went for walks
without my phone



hung out with
friends offline



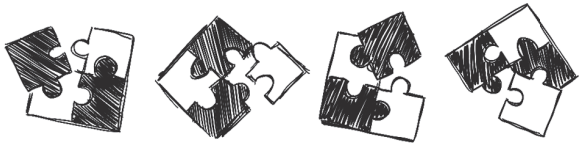
played chess (and won twice!)



faced a challenge head-on



times I displayed a strength
(practised my art)



tried a new analogue
activity ... jigsaws!