

Understanding your digital habits

Phones, social media and screens can bring many benefits: connection, information, enjoyment and support. But how we use digital technology, and how often, can also influence our mood, sleep, concentration and sense of wellbeing.

Digital wellbeing is not about cutting technology out - it's about using it in ways that support your mood, relationships and overall wellbeing.

- Mood & emotions: constant notifications, news, or comparison on social media can increase stress, anxiety or low mood
- Energy & sleep: screen use late at night can interfere with sleep and leave us feeling tired or flat
- Focus & motivation: frequent switching between apps can make it harder to concentrate or feel motivated
- Connection: digital contact can be supportive, but too much scrolling can sometimes increase feelings of loneliness

Small, gentle adjustments can make a difference to mood and energy

- Fewer notifications
- Shorter or more intentional scrolling
- No screens before sleep
- Putting the phone out of reach at certain times
- Taking regular screen breaks
- Reducing news or social media use
- Charging your phone outside the bedroom
- Using an alarm clock instead of your phone
- Having phone-free times or places
- There is no "right" amount of screen time – what matters most is how it affects you.

Turn the page for more digital reflection

PAUSE & REFLECT

REFLECT ON YOUR DIGITAL WELLBEING

You might find it helpful to use the checklist below to reflect on your digital wellbeing. You can then start to think about some of the solutions that might help.

Which digital activities do I use most?

When do I notice I'm on screens most?

About how much time do I spend on screens in a typical day?

How is my mood when I have been using screens, especially for longer periods?

How does my body feel when I have been using screens for a longer periods?

If I use screens less, or more intentionally, I could:

- Spend time with someone
- Go outside or move my body
- Rest, slow down or get more sleep
- Read or listen to audio
- Create or make something
- Join a group or activity
- Do something enjoyable or meaningful
- Improve relationships

Add any of your own ideas below:

- _____
- _____
- _____

WHERE TO START

You could start by filling in 'My plan' or try any of the following:

- For general information, and support using digital devices: healthconnections.mendip.org/directory/digital-skills-support-and-information/
- Simple tools such as Apple Screen Time or Android Digital Wellbeing help track smartphone usage patterns, while apps such as Forest, One Sec, or Freedom can add pauses and boost focus.



Health Connections Digital
Skills, Support and Information