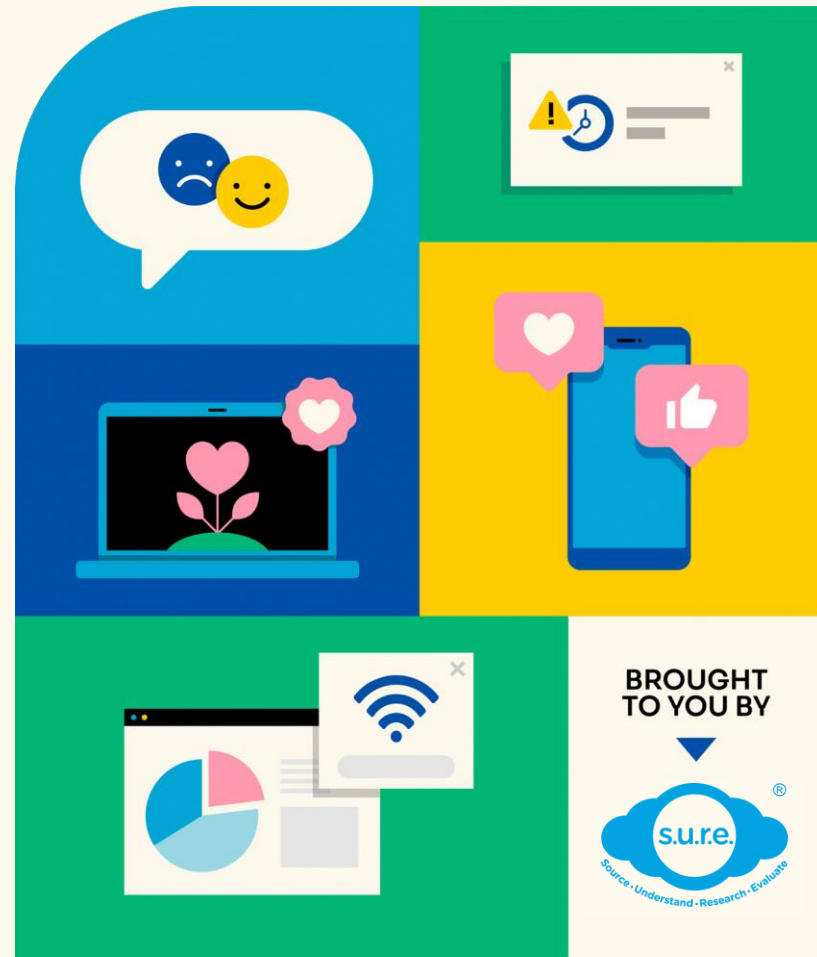# Positive Online Habits

In this topic, you will:

➜ Explore the concept of **digital wellness**

➜ Learn more about how to deal with **digital burnout**

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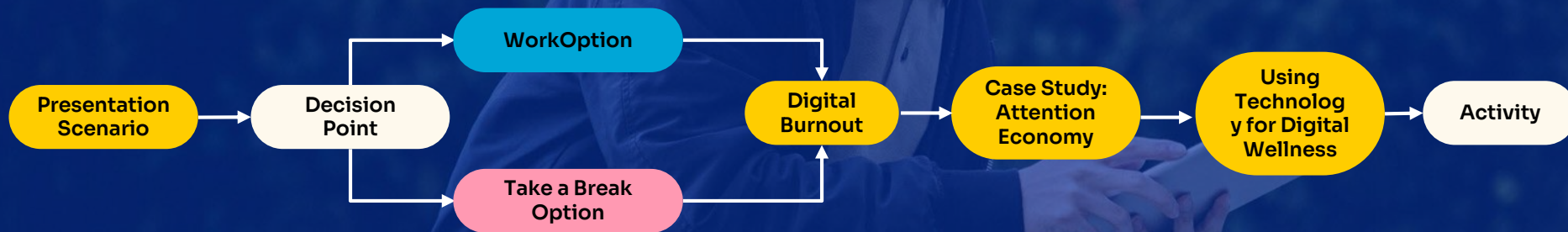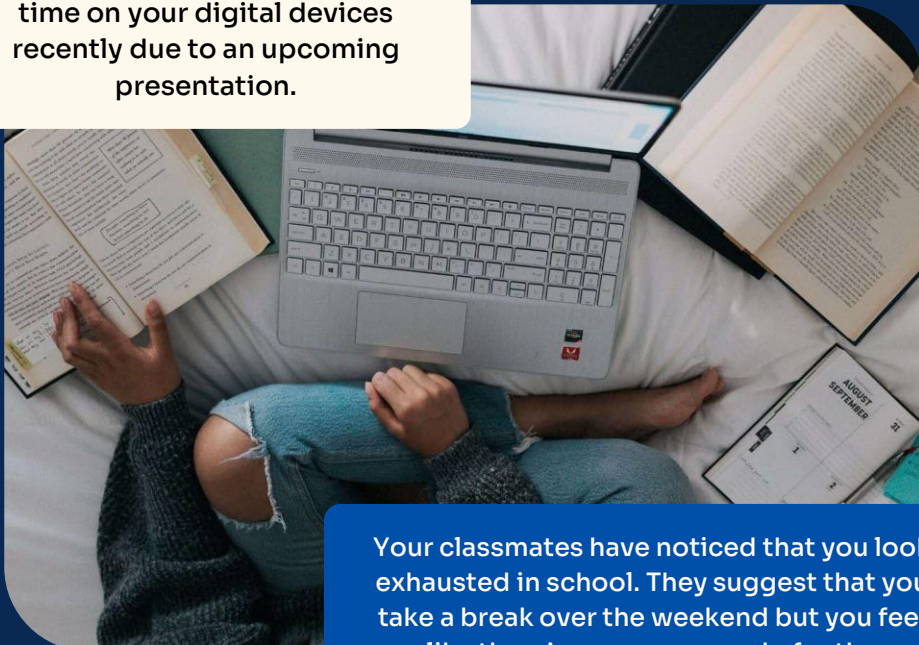s.u.r.e.
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Presentation Scenario → Decision Point

WorkOption

Take a Break Option

Digital Burnout → Case Study: Attention Economy → Using Technology for Digital Wellness → Activity

Image: Pexels

You choose to continue working on your presentation.

You spend your whole weekend doing online research on your laptop and only stop to take short breaks in between.

BACK

NEXT

Image:Pexels

☹

When you wake up for school on Monday, you feel too sick to even get out of bed.

Your parents insist that you stay home to rest for a couple of days, which causes you to miss out on your presentation.

You feel upset that all your work has gone to waste.

SEE OTHER OPTION   NEXT

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You choose to take a break.

You make sure that you only spend Saturday afternoon finishing what you need for the presentation. You spend the rest of the weekend hanging out with your friends and catching up on your favourite hobbies.

BACK

NEXT

You wake up on Monday morning feeling refreshed after spending the weekend resting.

Well-rested, you are be able to complete your presentation with little trouble.

Your teacher compliments you on a job well done and you even receive some positive feedback from your classmates.

SEE OTHER OPTION   NEXT

Image :

Have you experienced digital burnout before?

➜ The scenario you just went through shows an example of digital burnout, which is defined as the "the feelings of anxiety, exhaustion, and apathy caused by spending too much time on digital devices".

➜ Digital burnout often manifests itself through physical and mental symptoms, like exhaustion, lack of sleep and irritability.

➜ While an individual's behavior may lead to digital burnout, it is important to note that there are also external factors that are pushing us to spend more time in the digital world.

Case study:

Attention Economy

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The attention span of users has become the new currency of the day in a digital world.

➜ With our reliance on technology these days, it has become increasingly valuable for brands and platforms to capture the attention of users for as long as possible.

➜ Online websites often design addictive, interactive features to keep people hooked to their screens.

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Image: Unsplash
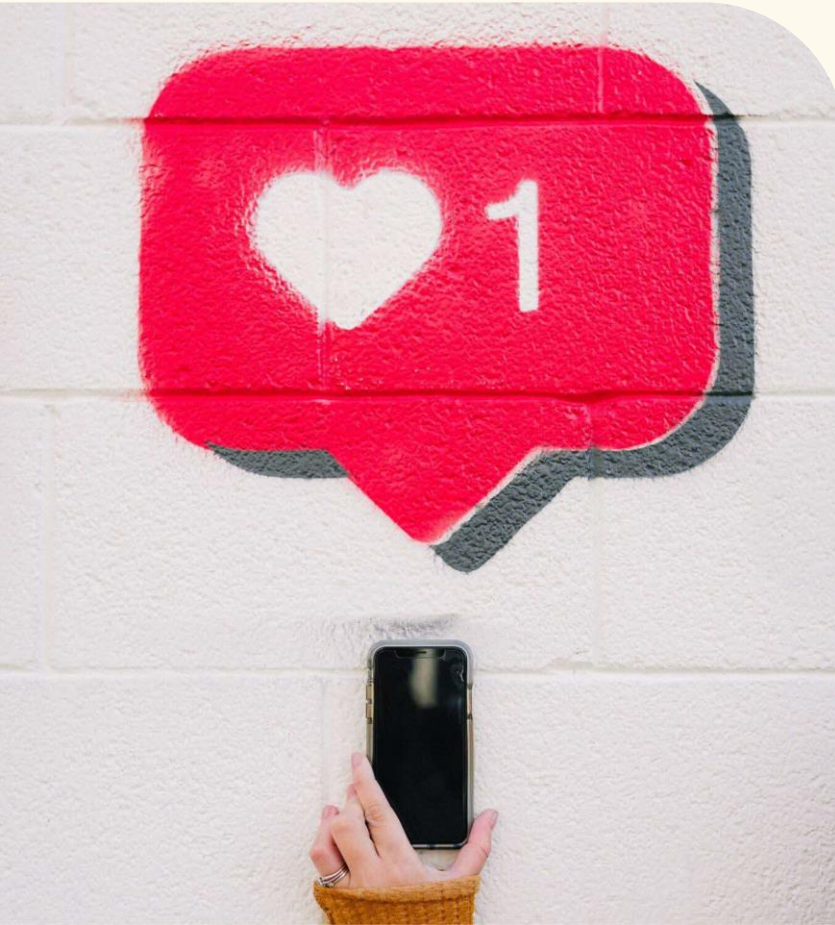
➔ For example, mechanisms such as likes, comments and shares on social media platforms provide individuals with external validation from other users.

➔ To generate revenue, brands and online creators often monetise the engagement that they receive from followers.

➔ They may choose to produce a regular stream of content to ensure that they receive the continued attention of users.

Image:

→ For young people looking for social acceptance in particular, the gratification that they receive from someone liking, commenting or sharing their posts can be especially attractive.

→ They might feel pressured to constantly put up content about themselves online so that they can continue to receive validation from other users.

▶ **Watch this video to explore how the attention economy can be detrimental to us both as individuals and as a society.**

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The existence of an attention economy encourages us to spend every waking minute of our life online. How can we break out of this cycle as individuals?

Practicing digital wellness and finding more productive ways to be online are steps we can take to regain some control over our activities in the digital world.

Definition

Practicing positive online habits can help us build **digital wellness**.

Digital wellness

A positive state of physical and mental well-being through having a healthy relationship with technology

Digital wellness could be attained through the following ways:

- Taking frequent breaks from the online world to stay connected with the real world

- Using frameworks like T.H.I.N.K. to decide what to do online

- Practicing data privacy and keeping your personal information safe

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Technology can also be beneficial in helping us to ensure digital wellness.

→ As more people become aware of the importance of digital wellness, tech companies have also jumped on the bandwagon by developing applications that aid users in reducing Internet overuse.

→ Ultimately, technology is just a tool that we can use for different purposes — how it affects us boils down to the choices that we make in the digital space.

Here are some applications that you can use to practice digital wellness in your day-to-day life:
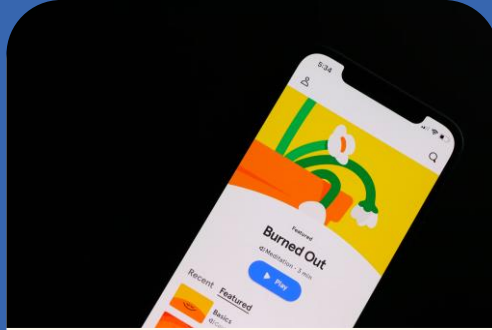
Headspace

App that provides resources for meditation exercises, stress, anxiety relief, and mindfulness that users can do at any point with just their phone

Forest

App that focuses on helping a user to break away from online usage by encouraging breaks from your phone

StayFocusd & Appblock

Help users to block out sites that may lead to excessive overuse, thus reorienting one's focus on more productive tasks while they are online

Images: Unsplash, Forest, Unsplash

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Keeping us hooked

✖

Watch this video about how social media platforms are designed to be addictive.

Use the S.U.R.E. framework to find out more about Internet overuse.

NEXT

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Image: Pexels

Answer the guiding questions below:

SOURCE: What do various experts say about this issue?

UNDERSTAND: What are some of the insights provided that can help us better understand how social media is designed to keep people hooked?

RESEARCH: How can I research more about this topic on my own?

EVALUATE: What are the steps we can use to evaluate how best to ensure our digital wellness?

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