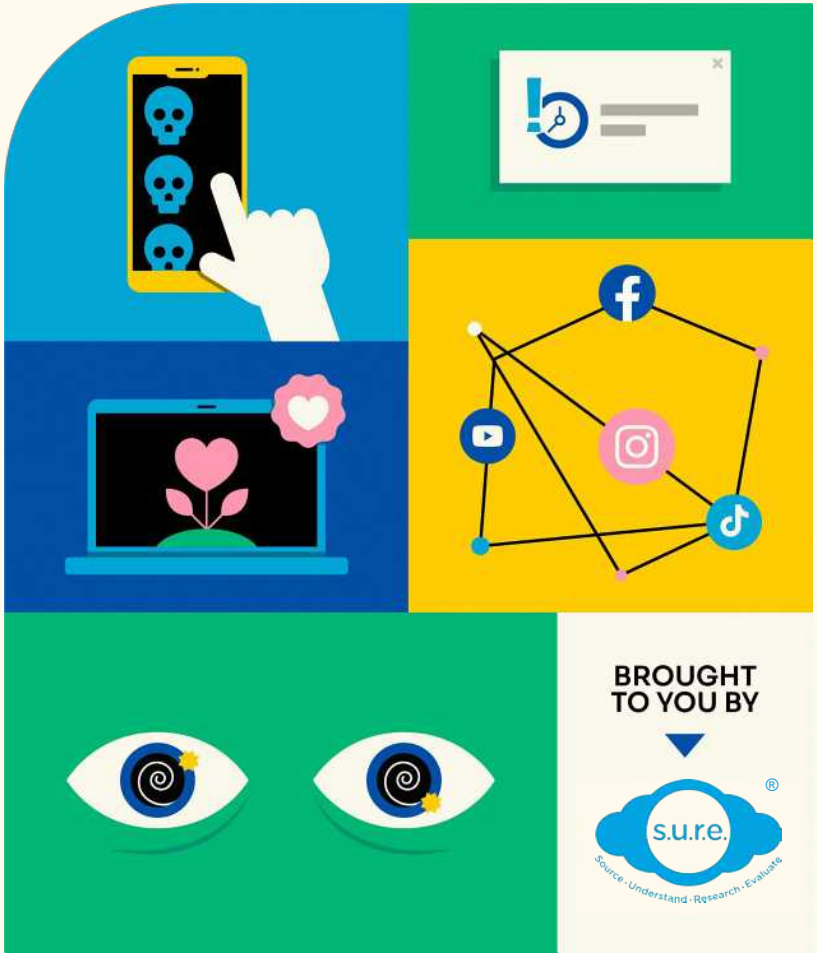
Positive Online Habits

In this topic, you will:

- Explore the concept of **digital wellness**
- Learn more about how to deal with **doomscrolling**



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GOT IT!

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You're scrolling through your feed on the photo-sharing app **ClickChat** when you encounter a series of posts from news accounts detailing the catastrophic events happening around the world.

You feel overwhelmed by all the negative news that you're seeing. Do you continue to scroll through your feed?

YES

NO

Image: Unsplash

Image:Unsplash

You picked “Yes”!

This may not have been the right choice.

You choose to continue scrolling through your feed. Feelings of anxiety and unease begin to set in.

You are increasingly stressed out about the state of the world, and feel as though there’s little you can do to make things better.

SEE OTHER OPTION

NEXT

Image: Unsplash

You picked “No”!

This is a great choice!

You decide to stop scrolling your feed and choose to take a break from social media instead.

You spend the afternoon hanging out with your friends and feel slightly better after.

SEE OTHER OPTION

NEXT

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Case study:

Doomscrolling

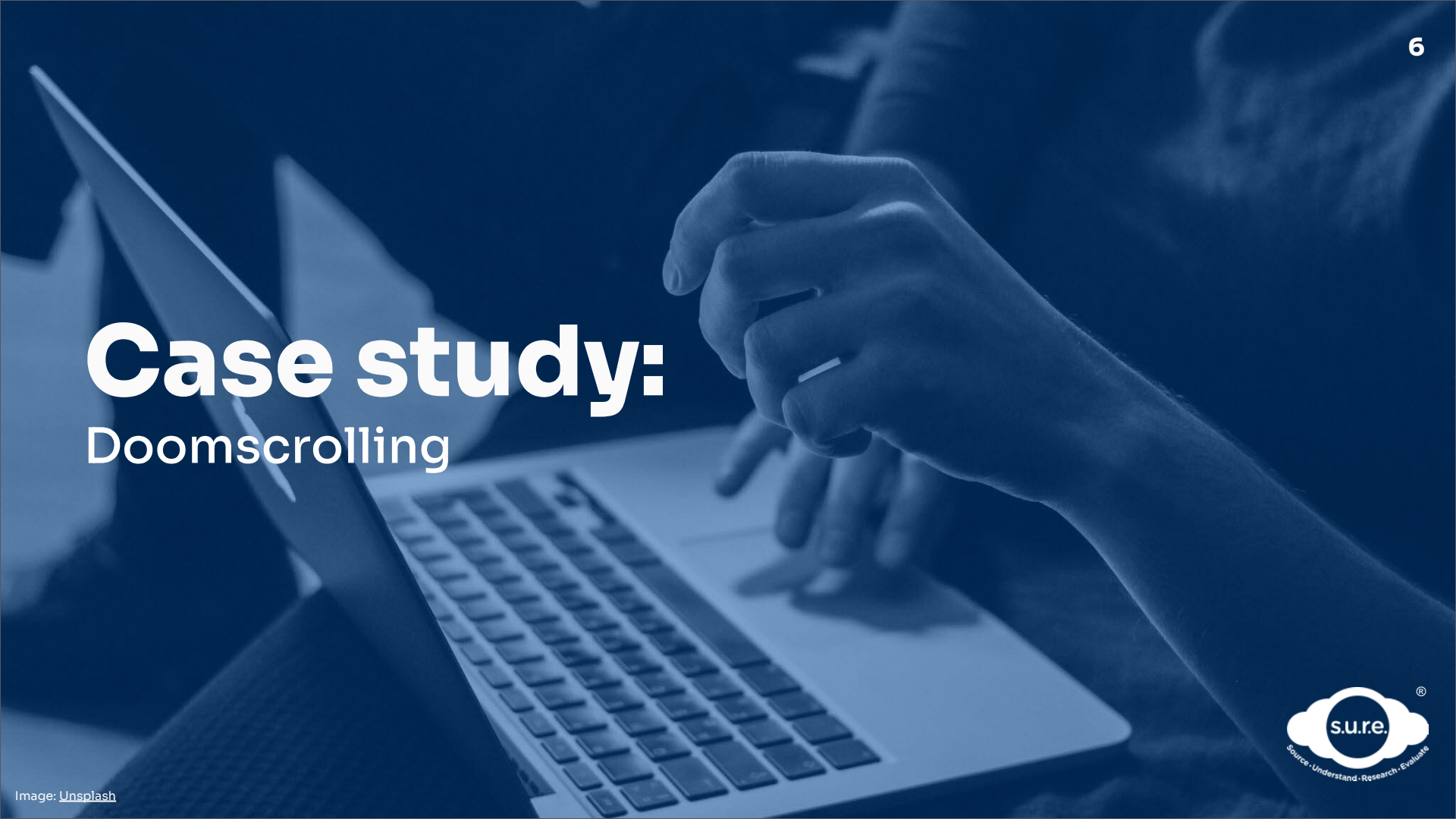

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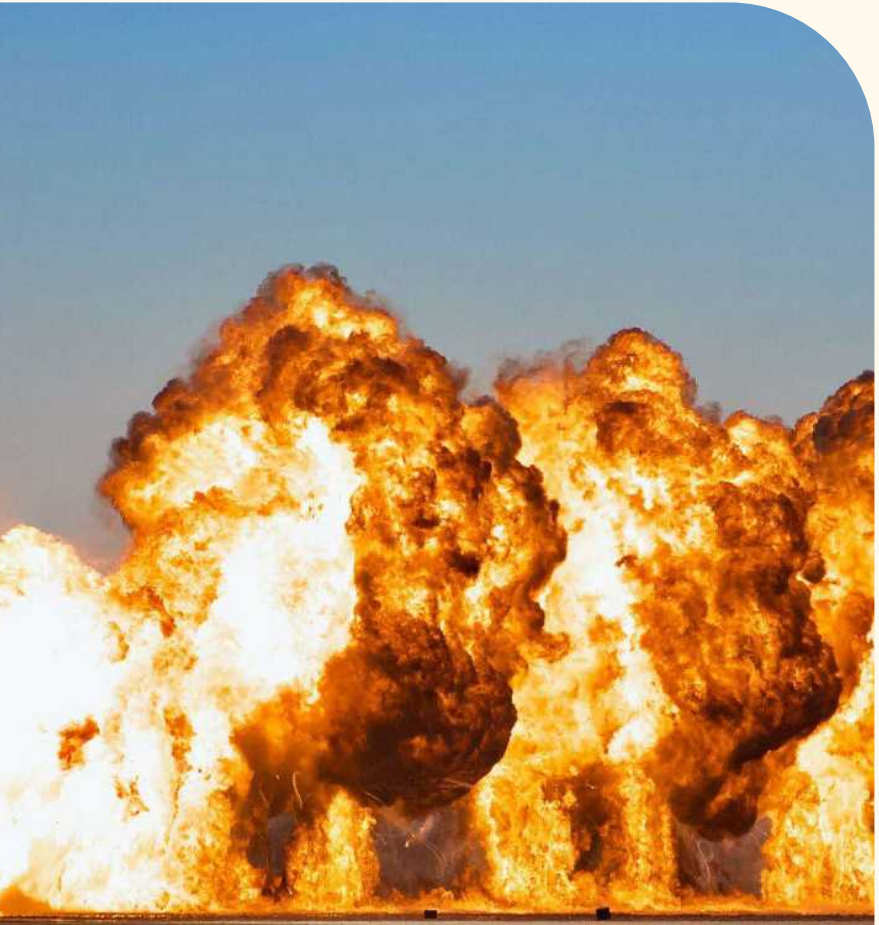
Image: Pexels

The advancement of technology has brought about increased information accessibility.

- Although this has led to a more connected world, we are also forced to process large amounts of online information everyday.
- This has led to a new online behaviour known as doomscrolling, where people spend too much time seeking out and reading negative news on the Internet, even though it makes them feel worse.

Image: Unsplash



- This issue became more pressing during the circuit breaker period when everyone had to stay home and digital devices became our only means of communication with the outside world.
- Such trends have continued in the post-pandemic era, as we witness international events (like the Australian wildfires or the Black Lives Matter protests) play out in real-time online.

Read this article to find out why doomscrolling can be so addictive to some.

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Image: Unsplash

- With no easy solution or answer to the world's problems, the constant bombardment of negative news that we face online can be overwhelming for many.
- Such feelings extend to the personal realm as well — being trapped in such a vicious cycle of negativity can leave us feeling helpless, anxious and even exhausted.
- Ironically, we then find ourselves with little energy for meaningful activities and interactions that can actually help improve our mental well-being.

From the doomscrolling example, we see how our online activities can affect our physical and mental well-being in the real world.

Learning how to build positive online habits is thus an important step to ensuring our digital wellness in the online space.

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Definition

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

This helps us break away from cycles of negativity perpetuated through actions such as doomscrolling.

Digital wellness

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

In the case of doomscrolling, digital wellness can be attained through the following ways:

- Set a limit on how much time you are going to spend online
- Curate your social media feeds so you have more control over what you are seeing
- Seek out positivity instead of staying fixated on negative news

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How does having a positive relationship with technology benefit us?

- Having a healthy relationship with technology not only improves our physical well-being, but also boosts our mental and emotional health.
- This empowers us to consciously use technology in healthy and positive ways that are beneficial to us.
- By choosing to prioritise digital wellness in our lives, we remind ourselves that our world does not always revolve around technology.

Are we all doomed?

Watch this video to learn more about the effects of doomscrolling and some possible solutions we can practice to avoid falling into a cycle of negativity.

Use the S.U.R.E. framework to help you discover more about doomscolling.

NEXT

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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 why youths engage in doomscrolling?

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 stop ourselves from doomscrolling?