

THE
**DIGITAL
WELL-BEING**
AWARENESS GUIDE



1 FEEL WHAT YOU USE

What do you feel before, during, and after using the device?

2 BE "WHYS"
What's the reason for using technology?



3 THE SLOT MACHINE BEHAVIOR

Are you stuck in a loop scrolling on social media?



4 TECHNOLOGY IS TRADING

Do you rely on technology too much?



5 PHYSICAL ACTIVITY OVER DIGITAL

Are you spending time offline as much as online?



6 SET A DEFINITE SCREEN TIME

How much time have you spent glued on your screen?



7 ADD WELLNESS APPS TO YOUR DIGITAL ROUTINE

Are you mindful of your health and wellness online?

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Being Guide To A New Way

Marco Casella



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