

# MEDIA BALANCE AND WELLBEING



POSITIVE DIGITAL  
PARENTING



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*Introductory Level*

HAVE YOU EVER HAD THE FEELING  
THAT YOU'VE SPENT TOO MUCH  
TIME ON YOUR PHONE? WHAT WERE  
YOU DOING?

SCREENS AND DEVICES HAVE BECOME  
ESSENTIAL FOR US, AND CAN BE  
EXCELLENT LEARNING DEVICES. WE CAN  
USE THEM TO CONNECT WITH OTHERS,  
GET SUPPORT, MASTER NEW SKILLS,  
RELAX AND HAVE FUN. BUT ARE YOU  
BALANCING YOUR SCREEN TIME AND THE  
MEDIA YOU CONSUME? IS IT  
CONTRIBUTING TO YOUR WELLBEING?

NOT ALL SCREEN TIME IS THE SAME. IF  
YOU ARE CONSUMING MEDIA THAT GETS  
YOU DOWN OR MAKES ANXIOUS OR  
DEPRESSED, SPENDING TOO MUCH TIME  
ON MINDLESS SCROLLING, YOU SHOULD  
ASSESS AND REDIRECT YOUR FOCUS!

MENTAL HEALTH: USING TECH TO  
SUPPORT YOUR WELLBEING IS  
TECHNOLOGY MAKING LIFE BETTER OR  
WORSE?



# ANXIETY LOVES SOCIAL MEDIA!

WE HAVE ALL BEEN THERE:  
SCROLLING, SCROLLING,  
SCROLLING, AND THE NEXT THING  
YOU KNOW, A WHOLE HOUR HAS  
PASSED! SOME OF THE NEGATIVE  
WAYS SOCIAL MEDIA CAN IMPACT  
ON YOUR WELLBEING INCLUDE:

- DISRUPTING YOUR SLEEP
- FOCUSING ON APPEARANCE
- FAKE/MISLEADING IMAGES
- YOU CAN'T HELP BUT COMPARE  
YOURSELF TO OTHERS
- CYBERBULLYING, TROLLING, CATFISHING,  
ETC..
- FOMO (FEAR OF MISSING OUT)
- IT CAN BE BE ADDICTIVE
- YOU SPEND TIME SCROLLING INSTEAD OF  
SOCIALISING OR ENGAGING IN SELF-CARE.

## STRATEGIES FOR A MENTALLY HEALTHY FEED:

- FOLLOW PAGES THAT SUPPORT AND  
PROMOTE DIVERSITY.
- PAGES WHO OFFER A BALANCED VIEW ON  
LIFE (GOOD AND BAD DAYS).
- JOIN GROUPS WHERE YOU FEEL SAFE  
AND SUPPORTED, AND CAUSES YOU ARE  
PASSIONATE ABOUT.
- REMEMBER SOCIAL MEDIA SHOULD  
ENHANCE SOCIALIZING WITH FRIENDS, NOT  
REPLACE IT.
- TAKE A BREAK FROM TIME TOO TIME. -  
KEEP SOME THINGS JUST FOR YOU (PICK  
AND CHOOSE WHAT YOU POST.

DID YOU KNOW THAT SOCIAL  
MEDIA CAN BE GOOD FOR  
YOU? SOCIAL MEDIA CAN  
HELP YOU...

DEVELOP YOUR IDENTITY.

DEVELOP YOUR GOALS/ ASPIRATIONS

SOCIALIZE WITH FRIENDS

ACCESS SUPPORTS





## FINDING BALANCE IN OUR DIGITAL LIVES

THE AMOUNT OF TIME YOU SPEND ON YOUR SCREEN CAN SNEAK UP WITHOUT YOU REALISING IT. WHAT CAN YOU DO IF YOUR SCREEN TIME HAS GOTTEN OUT OF BALANCE AND YOUR FEELING ANXIOUS?



GET OTHER ACTIVITIES DONE FIRST BEFORE YOU RELAX ONLINE. FOR EXAMPLE DO SOME EXERCISE, GET YOUR HOMEWORK AND CHORES DONE, WALK THE DOG AND SPEND TIME WITH YOUR FAMILY BEFORE TURNING ON YOUR DEVICE.



SCHEDULE SOME 'NO SCREEN TIMES' DURING YOUR DAY. SET UP TIMES TO 'UNPLUG'. MAKE MEALTIMES SCREEN FREE.



MAKE SURE YOU HAVE OFFLINE HOBBIES AND INTERESTS THAT YOU ENJOY REGULARLY, LIKE SEEING FRIENDS OR PLAYING SPORT.



WORK OUT HOW MUCH SLEEP YOU ARE GETTING? SLEEP SHOULD BE A PRIORITY, AS IT IS IMPORTANT FOR OUR PHYSICAL AND MENTAL HEALTH.

6 REASON TO TAKE A SMARTPHONE VACATION! SCREEN TIME:  
HOW MUCH IS TOO MUCH?



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