



# DIGITAL WELL-BEING

## How to use technology mindfully without compromising your well-being. (45 Minutes)

### Overview

The aim of this workshop is to help participants reflect in a non judgemental way on how their use of devices, social media and time spent in the online world is affecting their health.

### Purpose:

Participants are asked to think about the overall impact on their physical, mental, emotional and spiritual wellbeing and then choose one manageable healthy habit change to commit to improving for the next 30 days.

### Practical requirements:

- Pens
- Paper
- Chairs or floor cushions for participants to sit on. Arrange in a circle.

### Process:

#### Mindful Reflection

**Note for facilitators:** This is not intended as a spiritual practice. The use of mindfulness here is to help participants focus and bring deeper attention to their lifestyle from a calm and clear state of mind. You may wish to let the participants know this at the opening of the session.



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### Beginning the session:

Ask the participants to sit in a circle on the floor (or on chairs), and the facilitator(s) will join the circle too. Give a brief overview of the workshop and define what digital wellbeing is.

### Check in:

Popcorn style discussion:

Ask participants to share their initial feelings on the topic, what is their understanding of digital wellbeing? Have they considered it before? Do the majority see it positive or negative? Get a sense of where the group is at.

### MINDFULNESS GROUP EXERCISE (20 MINS)

Invite participants to close their eyes and ground into their body. Then using the P.I.E.S. model, encourage them to reflect on their current state of wellbeing. This process will hopefully offer some fresh perspectives.

Remind participants that there is no right or wrong way of doing this, or right or wrong answers. The invitation is just to see how things currently are without judgement and allow them to explore what positive changes to their lifestyle they may be open to making.



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### Using the P.I.E.S. Model

**Physical - Intellectual - Emotional - Spiritual**

How do you feel? Physically - Intellectually - Emotionally - Spiritually

Mindfully, guide the participants through all four key aspects of their life. Invite them to reflect and investigate with friendly curiosity upon the last week or month.

In each of the four aspects of their life, ask the participants to reflect upon:

How has your engagement online impacted your well-being in this area?

What's the one simple thing you could do tomorrow to improve your situation in this area?

Spend 4 minutes on each area.

**Here are some example questions to ask participants to reflect on. Feel free to add your own and guide the practice in your own way.**

#### Physical (4')

- How are your energy levels?
- Are you sleeping well?
- Are you making healthy food choices?
- Do you exercise as much as you like? Do you spend more time sitting at a desk?

#### Intellectual (4')

- How does the content in your feed make you feel?
- How do you respond to strong emotions?
- What's been the predominant emotion lately? Anger, Fear, Sadness & Joy
- What type of content makes you happy and feel connected to yourself?



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### Spiritual / Social (4')

- Do you feel like part of something bigger than yourself?
- Do you feel connected to yourself, to others, to nature, to spirit?
- Does your social life thrive online?
- Do you feel lonely or isolated in the online space?

### Closing the mindfulness practice

Gently guide the participants back into the space, ask them to open their eyes and return to their normal state of being. The invitation now is to allow the participants to sit in silence for a minute. When ready, you can move into the group discussion.\*

#### **\*Note for facilitators:**

*At this point please pay attention for any visible signs of distress or tears among participants. The mindfulness practice can sometimes bring up sadness for people as they reflect upon their life. If someone is visibly very upset, pause the workshop and take time to comfort them. Use your discretion. But, you may like to ask if they would like to share what has come up for them, if you can help and are they ok to continue or would rather take some time away from the group by themselves. After the workshop has ended, check in with them to make sure they are ok and offer any additional support they may need.*

### GROUP DISCUSSION (15 MINS)

Depending on the size of the group you may go around the circle and ask everyone to share their experience or instead ask for people to volunteer and share their experience and what one simple step they are committed to doing to improve their wellbeing for the next 30-days.

You may wish to go first if participants are slow/shy to volunteer.



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### Questions to ask participants:

- What came up for you in the reflection exercises?
- Which aspects of technology improve your life and which do not?
- Did anything surprise you?
- What key insights did you have?
- What would you like to change about how you use your devices?
- What one change or action step from the solutions offered are you going to implement?
- Do you relate to what others have shared?

### Check Out

Instruct everyone to stand in a circle and ask participants to share how they feel now after the practice compared to how they felt at the beginning? (in one word or sentence)

### Facilitator Resources Section

This section contains some example questions and topics that may be helpful to include in your workshop. These questions can be particularly useful to ask at the beginning when checking in with the participants and getting an understanding for where they are at with their relationship and usage of digital devices, the internet and social media. Some questions may also work especially well in the P.I.E.S check in round too. Feel free to adapt and use as you feel appropriate for the group.

### Conversation starters

- Do you think you have a healthy balance between the time you spend online and offline in the real world?
- What potential negative effects to your wellbeing do you think too much time online and on devices might have?



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