

#COLLEGE_WELLBEING

ADDITIONAL LEARNING SUPPORT'S WELLBEING NEWSLETTER!



TAKE A PEEK!

INTRODUCING A
'DIGITAL DETOX'

- 1

WHAT IS A
DIGITAL DETOX?

- 2

FIVE WAYS TO
WELLBEING - 3

GOODBYE SEPTEMBER, HELLO OCTOBER!

That's right! Autumn is upon us, the dark nights are going to start creeping in and you're almost at half term!

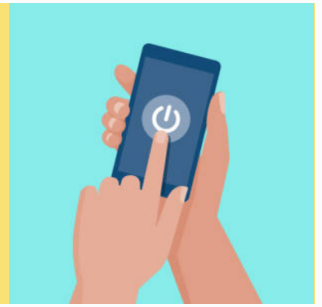
[#CollegeWellbeing](#) hope you have settled more into the college lifestyle, have made some great friends and have made a good start on your course!

We know things have been a little different this year and you might have been asked to do online learning.

We know this has been a challenge for many students, especially if you are spending a lot of time staring at the same computer screen for hours on end. That's why this month, we are recommending a '[Digital Detox](#)' to support your Wellbeing; how to balance screen time and you time!



WHAT IS A 'DIGITAL DETOX'?



A digital detox is a temporary period (you choose how long but typically a day minimum) of disconnecting from digital devices (so your phones, computers etc.) to focus on more social interaction with others around you, reducing your stress, and being fully present in the world 'offline'. We can all be guilty of checking our phones, the news, Facebook, Snapchat or Instagram too much!

Amid the current crisis, we're glued to our screens like never before. So the question is - how can you cut screen time down when hours with your devices are a necessity?

It's not as easy as just turning off devices, however. When our entire worlds are on our phones or computers right now, and our days revolve around our screens like never before, so how do we lower digital anxiety?

Check out our tips on how to do this!

DRAW THE LINE:

- Distinguish boundaries between helpful and harmful screen time.
- Set morning and afternoon routines.
- Use different devices for different things e.g. laptop for working, phone for personal things.
- If possible, set up a work station that you can 'leave' at home time.

SEARCH FOR QUALITY:

- Seek out engaging and meaningful content e.g. home workouts, wellbeing apps, cooking/baking inspiration etc.
- Follow positive influences not any that make you compare and feel bad about yourself.
- Avoid scrolling through apps out of habit and boredom.

GET OFFLINE:

- It's important we don't forget other ways to communicate with people beyond Zoom or Facetime. Try a phone conversation or speak to someone in person!
- Find other activities to do beyond going on your phone e.g. exercise, puzzles, paint, draw, craft, cook, bake, read. There are plenty out there!

FIVE WAYS TO WELLBEING

KEEP
LEARNING

TAKE
NOTICE

Give

BE
ACTIVE

CONNECT

Sticking with the theme of a digital detox and managing Wellbeing, **#CollegeWellbeing** are raising awareness of the 'Five Ways to Wellbeing' -no technology needed!! Connecting with others, being more active, learning new skills, giving to others and taking notice of the world around you all help to support your wellbeing.

Reflect – how could you implement the Five Ways?

ACTIVE

Take the stairs.

Go for a walk / jog / run.

Join a gym.

Join a sports team.

LEARN

Take up a new hobby.

Learn a new skill.

Learn something new
about someone in your
life.

NOTICE

Take a moment to notice
your feelings.

Don't fret about the past
or worry about the
future. Focus on today.

CONNECT

Talk to someone instead
of text or email.

Talk to someone new.

Join a social group.

GIVE

Volunteer.

Give a smile or
compliment to someone.

Give yourself a
compliment!