



**HEALTHY@HARRIS**  
Caring for ourselves so we can care for others

# Cultivating Digital Wellness

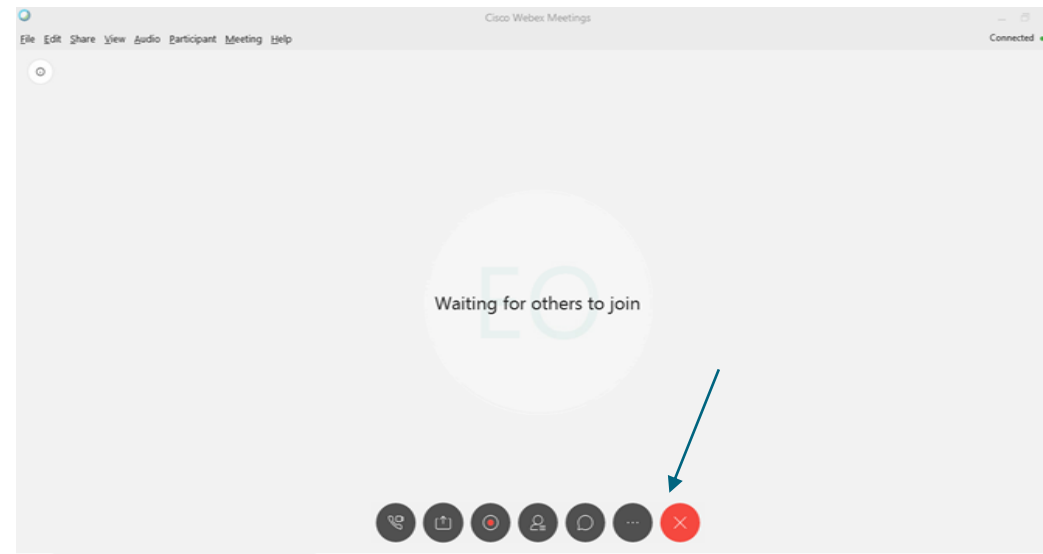
## Wellness Workshop

Taught by the Harris Health Employee  
Wellness Team

**HARRISHEALTH SYSTEM**

# Engage and Interact

- **Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.
- **Premium Points** - You can only receive credit for one Wellness Workshop or Healthy Knowledge Seminar per day. You will not receive credit for workshops/Healthy Knowledge Seminars you have already completed.





- *“It’s not that any one app or website was particularly bad when considered in isolation. As many people clarified, the issue was the overall impact of having so many different shiny baubles pulling so insistently at their attention and manipulating their mood. Their problem with this frenzied activity is less about its details than the fact that it’s increasingly beyond their control.”*

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*-Cal Newport-*

- *Deep Work: Rules for Focused Success in a Distracted World*

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# Learning Objectives

- New World Technology Facts
- Defining Digital Wellness
- Reflecting On Our Relationship with Technology
- Finding Balance with Technology

# New World Technology Facts

- The average person checks his or her email 37 times per hour
- A 2010 study by Microsoft revealed that the average person receives over 110 emails per day and it takes over 15 minutes to refocus from the distraction of an email
- Facebook is now cited as the third leading cause for divorce
- Vacations have now become an extension of work and some employers are requiring that workers be available
- National Parks are fighting the urge to install Wifi in the campgrounds yet visitors are demanding it

# New World Technology Facts

- Each tweet, ping or “you’ve got mail” voice is associated with the release of dopamine
- The Kaiser Family foundation found that 8-18 year olds spend over 7 hours per day with video games, TV, apps, etc.
- The repeated use of technology makes people less patient and more forgetful
- Sociologists cite screen addictions as a significant reason for the decline of civility in America
- People who drive and text show the same amount of distraction and poor reaction time as someone with a 0.08 blood alcohol level

# Defining Digital Wellness

*Digital wellness refers to the state of one's physical and mental health in the Digital Age. More specifically, digital wellness refers to preventative measures aimed at regulating and improving the healthy use of technology.*





# Reflecting on Our Relationship with Technology

## What does your current relationship with technology look like?

I tend to lose track of time when I'm on my phone

I feel the need to check my phone right away if it vibrates or makes a sound

I get distracted by my phone when I'm with my family or friends

I spend more time on social media than I'd like

I'll stay on my phone instead of going to sleep when I intend to

I feel like I'm missing something important at work if I don't check my phone

If I have a questions I reach for my phone for an immediate answer

# Finding Balance with Technology

- Set Healthy Boundaries with Technology
  1. Make a habit not to check email until after 9am.
  2. Only check Facebook at the end of the day, not 500 times throughout
- Always Choose In-Person Communications
  1. Find at least one day of the week that you will opt to have all conversations in person/over the phone instead of using email.
- Avoid Multi-Tasking Errors
  1. Complete a task from start to finish without diversions
  2. Keep your mind focused on one thing at a time

# Finding Balance with Technology

- Keep smart phones and laptops out of the bedroom
  1. Declare your bedroom a technology free zone
  2. Honor this decision as a healthy boundary
- Mindfulness: Maintain a Health Meditation Program
  1. As simple as closing your eyes and focusing on your breathing for several minutes
- Chose Quality of Convenience
  1. Try not to talk on the phone while driving
  2. Don't type on your keypad while talking on your cell phone



# Summary

- Digital toxicity is now considered an epidemic both at home and work.
- Sociologists call screen addictions the social addiction of the 21<sup>st</sup> century.
- Digital wellness refers to preventative measures aimed at regulating and improving the healthy use of technology.
- In order for us to determine how technology is truly impacting our lives and be able to cultivate digital wellness, we have to be honest about our relationship with it.
- Technology is a great means to improve our lives! Mastering the proper use of it requires a combination of will power and common sense.

disconnect  
to reconnect.



@LETTEREDLESSONS

# Resources

## Stress Management, Depression and Counseling Services

- Employee Assistance Program
  - Online: [www.feieap.com](http://www.feieap.com),
  - Username: hhs
- Well Powered Living 1.0, 2.0, 3.0 and 4.0 coming soon!
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.
- Cigna Behavioral Health
  - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
  - Call Cigna Behavioral at **800.274.7603**.
  - Go to **Cignabehavioral.com** for extra resources.
- Coaching
  - Telephonic health coaching: 855-246-1873
  - Onsite health coaching: Contact Latecia Murphy
    - Office: 713-873-6407
    - Email: [Latecia.Murphy@harrishealth.org](mailto:Latecia.Murphy@harrishealth.org)

Contact Us!

# HEALTHY@HARRIS

Caring for ourselves so we can care for others

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#1 in Texas



#6 in America

