

# Digital Wellbeing and Identity Management

Here are some tips that you can introduce to your day-to-day digital routine to enhance your wellbeing and manage your identity online.

## Take a break/reduce distraction

**Set up reminders to take a break from digital technologies and environments.**

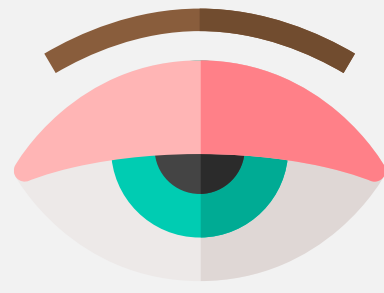
Do you need a digital detox day? Do you need to set limits on certain sites, apps, games?



**Block ads in your devices to reduce distraction and clutter**

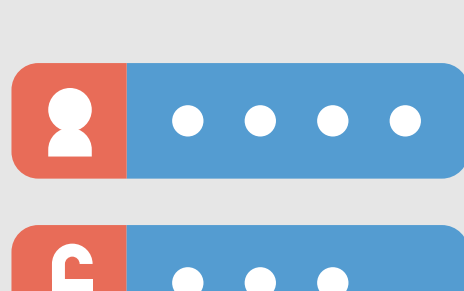


**No devices at bedtime is advisable for a healthy sleep environment.** The blue light that emits from devices affects the circadian system and how we sleep. Blue light filters and new screen settings can help with this and aid with eye strain



## Stay Safe and Secure

**Create safe and secure passwords for both personal and professional use**



**Keep your data private and secure.** Learn about cookies and their use and how your data is being stored and used



**Be mindful about how far reaching social media can be and what you prefer to keep private**

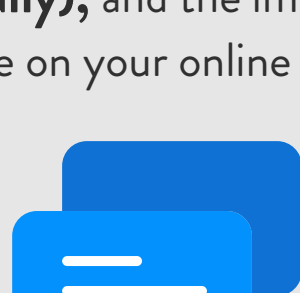


**Review your privacy settings and make sure you regularly update devices with relevant security fixes**

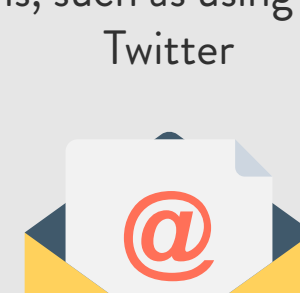


## Think about how you communicate and collaborate online

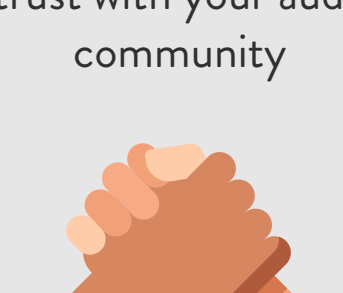
**Be aware of how you communicate online with others (both personally and professionally),** and the impact that this could have on your online reputation



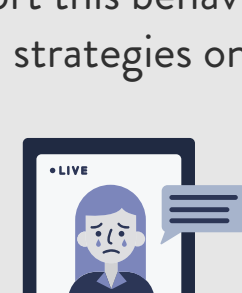
**Think about the quantity of posts that you make.** Don't bombard others with notifications, such as using the @ tag in Twitter



**Be authentic in your digital collaborations with others.** It will help develop trust with your audience and community

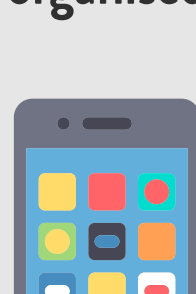


**Learn about what constitutes cyberbullying.** If you experience it, immediately report this behaviour and/or seek out advice and strategies on how to cope

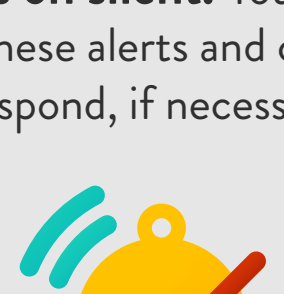


## Stay Organised and in Control

**Try out different apps that will keep you organised**



**Have less digital clutter by putting your notifications on silent.** You will then have control over these alerts and choose when to respond, if necessary



**Consider having different profiles – one for study/academic work, and one for personal**

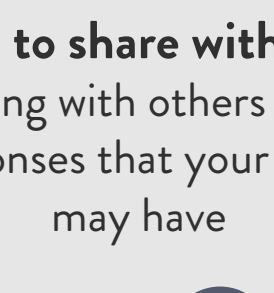


**Review your followers regularly.** Keep those who add value to your Twitter account

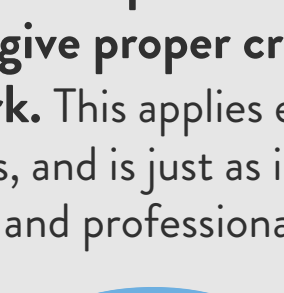


## Carefully Create and Share Content

**Think about what information is appropriate to share with others,** and when engaging with others consider the emotional responses that your communication may have



**Learn about the importance of copyright and always give proper credit to other peoples work.** This applies equally to staff and students, and is just as important in a personal and professional capacity



## Some Suggested Wellbeing Apps

If you would like to try a new way of looking after your digital or general wellbeing, why not try one of the following downloadable apps.

