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

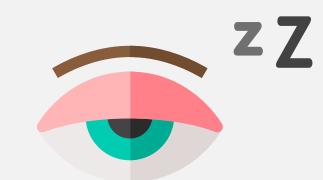
Set up reminders to take a break from digital technologies and environments. Do you need a digital detox day? Do you need to set limits on certain sites, apps, games?



Block ads in your devices to reduce distraction and clutter

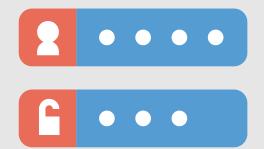


No devices at bedtime is advisable for a healthy sleep environment. The blue light that emits from devices affects the circadian system and how we sleep. Blue light filters and new screen settings can help with this and aid with eye strain



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



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



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

Twitter



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.

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Wellbeing

See All

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Meditation - Guided meditation and mindfulness apps (e.g. Stop, Breathe and Think)

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Sleep - These apps help improve your sleep by using sleep tracking and advising you on sleep cycles (e.g. Sleep Cycle)



CBT - Apps which use Cognitive Behavioural Therapy to help you change the way you think and feel about things (e.g. Catch-It)



Minding Your Mood - Apps designed to track and monitor your mood in different ways, such as game-based activities and making music (e.g. Cove)



Colouring Apps - Digital colouring books provide a method of creative relaxation that you can take on the go (e.g. HappyColor)



Student Health App - Reliable health information specifically for students on a range of topics



Wellbeing at Queen's - Provides support and information on a wide range of health and wellbeing issues at the University.

You can also search for one that suits your needs.





